

1. Uitslag 500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	3 Sybe van Hijum	HSB	14	O	42.44		
2	119 Martin Hänggi	H55	14	I	42.54		
3	101 Arjan Bakker	H65	13	O	43.43		
4	9 Erol Aksoy	H50	13	I	43.67		
5	48 Guido Gosselink	H50	12	O	45.85		
6	70 Kim Leliveld	DSB	12	I	45.98		
7	115 Trygve Reitan	H55	11	I	46.90		
8	97 Koen van Egmond	H40	10	O	47.23		
9	53 Kees Langeveld	H65	10	I	47.55		
10	19 Mircea Vranceanu	H70	11	O	47.65		
11	16 Marvin Zeisberg	HSB	9	I	48.47		
12	104 Seppe Lybaert	H40	9	O	48.76		
13	83 Ciska Stark	D60	8	O	49.30		
14	12 Octavian Moga	H55	6	O	49.55		
15	28 Johan van Metting-van Rijn	H65	7	O	50.77		
16	149 Olav Langeland	H65	5	I	50.88		
17	120 Harold Spragg	H70	5	O	51.43		
18	113 Kees Verdouw	H80	6	I	51.86		
19	126 Patty van Hoorn	D50	4	I	52.78		
20	51 Erwin Henskes	H65	8	I	52.82		
21	7 Daniëlle Frijters	DSB	4	O	52.90		
22	88 Hans-Gerd Heyne	H60	3	O	58.19		
23	37 Thierry Huberland	H60	3	I	1:03.09		
24	13 Arne Kjell Foldvik	H90	1	I	1:13.02		
	31 Josine Kroon	D40			WDR		

1. Rituitslag 500m Allround Big

		Naam		Cat		PR		Tijd	Info
1	wt	13	Arne Kjell Foldvik		H90			1:10.88	1:13.02
	rd								
		Arne Kjell Foldvik							
		100m	18.73	(18.73)			m		
		500m	1:13.02	(54.29)					

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
							m		
							m		

		Naam		Cat		PR		Tijd	Info
3	wt	37	Thierry Huberland		H60			58.30	1:03.09
	rd	88	Hans-Gerd Heyne		H60			48.05	58.19
		Thierry Huberland							
		100m	17.09	(17.09)			100m	14.69	(14.69)
		500m	1:03.09	(46.00)			500m	58.19	(43.50)
		Hans-Gerd Heyne							
		100m	14.69	(14.69)			100m	14.69	(14.69)
		500m	58.19	(43.50)			500m	58.19	(43.50)

		Naam		Cat		PR		Tijd	Info
4	gl	126	Patty van Hoorn		D50			52.22	52.78
	bl	7	Daniëlle Frijters		DSB			51.87	52.90
		Patty van Hoorn							
		100m	14.65	(14.65)			100m	14.18	(14.18)
		500m	52.78	(38.13)			500m	52.90	(38.72)
		Daniëlle Frijters							
		100m	14.18	(14.18)			100m	14.18	(14.18)
		500m	52.90	(38.72)			500m	52.90	(38.72)

		Naam		Cat		PR		Tijd	Info
5	wt	149	Olav Langeland		H65			46.83	50.88
	rd	120	Harold Spragg		H70			40.70	51.43
		Olav Langeland							
		100m	13.70	(13.70)			100m	14.35	(14.35)
		500m	50.88	(37.18)			500m	51.43	(37.08)
		Harold Spragg							
		100m	14.35	(14.35)			100m	14.35	(14.35)
		500m	51.43	(37.08)			500m	51.43	(37.08)

		Naam	Cat	PR	Tijd	Info
6	gl	113 Kees Verdouw	H80	41.71	51.86	
	bl	12 Octavian Moga	H55	44.30	49.55	
		<u>Kees Verdouw</u>			<u>Octavian Moga</u>	
		100m 14.60 (14.60)		100m 13.36 (13.36)		
		500m 51.86 (37.26)		500m 49.55 (36.19)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
7	wt	31 Josine Kroon	D40	50.32	WDR	
	rd	28 Johan van Metting-van Rijn	H65	43.57	50.77	
		<u>Josine Kroon</u>			<u>Johan van Metting-van Rijn</u>	
				100m 13.49 (13.49)		
				500m 50.77 (37.28)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
8	gl	51 Erwin Henskes	H65	45.20	52.82	
	bl	83 Ciska Stark	D60	46.22	49.30	
		<u>Erwin Henskes</u>			<u>Ciska Stark</u>	
		100m 14.18 (14.18)		100m 13.53 (13.53)		
		500m 52.82 (38.64)		500m 49.30 (35.77)		
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		Naam	Cat	PR	Tijd	Info
9	wt	16 Marvin Zeisberg	HSB	47.16	48.47	
	rd	104 Seppe Lybaert	H40	44.40	48.76	
		<u>Marvin Zeisberg</u>			<u>Seppe Lybaert</u>	
		100m 12.83 (12.83)		100m 12.98 (12.98)		
		500m 48.47 (35.64)		500m 48.76 (35.78)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
10	gl	53 Kees Langeveld	H65	45.16	47.55	
	bl	97 Koen van Egmond	H40	45.56	47.23	
		<u>Kees Langeveld</u>			<u>Koen van Egmond</u>	
		100m 13.30 (13.30)		100m 12.63 (12.63)		
		500m 47.55 (34.25)		500m 47.23 (34.60)		

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		Naam	Cat	PR	Tijd	Info
11	wt	115 Trygve Reitan	H55	45.24	46.90	
	rd	19 Mircea Vranceanu	H70	40.90	47.65	
		Trygve Reitan		Mircea Vranceanu		
		100m 12.61 (12.61)		100m 13.42 (13.42)		
		500m 46.90 (34.29)		500m 47.65 (34.23)		

		Naam	Cat	PR	Tijd	Info
12	gl	70 Kim Leliveld	DSB	45.45	45.98	
	bl	48 Guido Gosselink	H50	44.32	45.85	
		Kim Leliveld		Guido Gosselink		
		100m 12.40 (12.40)		100m 12.72 (12.72)		
		500m 45.98 (33.58)		500m 45.85 (33.13)		

		Naam	Cat	PR	Tijd	Info
13	wt	9 Erol Aksoy	H50	42.61	43.67	
	rd	101 Arjan Bakker	H65	41.23	43.43	
		Erol Aksoy		Arjan Bakker		
		100m 11.83 (11.83)		100m 12.18 (12.18)		
		500m 43.67 (31.84)		500m 43.43 (31.25)		

		Naam	Cat	PR	Tijd	Info
14	gl	119 Martin Hänggi	H55	38.47	42.54	
	bl	3 Sybe van Hijum	HSB	42.26	42.44	
		Martin Hänggi		Sybe van Hijum		
		100m 11.80 (11.80)		100m 11.89 (11.89)		
		500m 42.54 (30.74)		500m 42.44 (30.55)		

2. Uitslag 500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Vile Männistö	H40	24	O	41.46	PR	
2	41 Andrus Kuusk	HSB	23	O	41.97		
3	91 René Pfeffer	H45	24	I	42.47		
4	18 Tjard Kopka	H55	23	I	42.66		
5	82 Doede Wind	H50	22	I	43.44		
6	14 John Ivar Kristensen	H50	22	O	44.31		
7	125 Imme Kampen	D40	21	I	46.95		
8	65 Henriëtte Goede	D55	21	O	47.46		
9	79 Esther Bouman	DSB	20	I	48.05		
10	34 Johan Luttk	H60	18	O	49.22	PR	
11	43 Frank Günther	H60	18	I	49.46		
12	147 Tsjomme Dijkstra	HSB	19	I	49.55		
13	71 Ilse van Ipenburg	DSB	20	O	50.15		
14	61 Ivo van Ling	H55	19	O	50.39		
15	87 Andrej Kwadrin	H40	15	I	51.45		
16	90 Eskil Andersson	H55	17	I	53.23		
17	102 Carolien van Rees	D65	16	I	53.49	PR	
18	58 Kevin van Cleef	H40	17	O	54.00		
19	17 Trine Landsem	D55	16	O	54.61		
20	59 Henriet van Ling	D55	15	O	56.36		

2. Rituitslag 500m Allround Normal

		Naam		Cat		PR	Tijd	Info
15	wt	87 Andrej Kwadrin		H40		51.42	51.45	
	rd	59 Henriet van Ling		D55		56.00	56.36	
		Andrej Kwadrin		Henriet van Ling				
		100m	13.54	(13.54)	100m	15.52	(15.52)	
		500m	51.45	(37.91)	500m	56.36	(40.84)	

		Naam		Cat		PR	Tijd	Info
16	gl	102 Carolien van Rees		D65		53.50	53.49	PR
	bl	17 Trine Landsem		D55		53.68	54.61	
		Carolien van Rees		Trine Landsem				
		100m	14.47	(14.47)	100m	15.01	(15.01)	
		500m	53.49	(39.02)	500m	54.61	(39.60)	

		Naam		Cat		PR	Tijd	Info
17	wt	90 Eskil Andersson		H55		51.93	53.23	
	rd	58 Kevin van Cleef		H40		50.47	54.00	
		Eskil Andersson		Kevin van Cleef				
		100m	13.97	(13.97)	100m	15.06	(15.06)	
		500m	53.23	(39.26)	500m	54.00	(38.94)	

		Naam		Cat		PR	Tijd	Info
18	gl	43 Frank Günther		H60		48.35	49.46	
	bl	34 Johan Luttk		H60		49.51	49.22	PR
		Frank Günther		Johan Luttk				
		100m	12.93	(12.93)	100m	13.58	(13.58)	
		500m	49.46	(36.53)	500m	49.22	(35.64)	

		Naam		Cat		PR	Tijd	Info
19	wt	147 Tsjomme Dijkstra		HSB		47.41	49.55	
	rd	61 Ivo van Ling		H55		47.65	50.39	
		Tsjomme Dijkstra		Ivo van Ling				
		100m	12.54	(12.54)	100m	14.29	(14.29)	
		500m	49.55	(37.01)	500m	50.39	(36.10)	

		Naam	Cat	PR	Tijd	Info
20	gl	79 Esther Bouman	DSB	45.73	48.05	
	bl	71 Ilse van Ipenburg	DSB	48.33	50.15	
		Esther Bouman		Ilse van Ipenburg		
		100m 13.17 (13.17)		100m 13.48 (13.48)		
		500m 48.05 (34.88)		500m 50.15 (36.67)		
		Naam	Cat	PR	Tijd	Info
21	wt	125 Imme Kampen	D40	44.76	46.95	
	rd	65 Henriëtte Goede	D55	43.73	47.46	
		Imme Kampen		Henriëtte Goede		
		100m 12.65 (12.65)		100m 13.10 (13.10)		
		500m 46.95 (34.30)		500m 47.46 (34.36)		
		Naam	Cat	PR	Tijd	Info
22	gl	82 Doede Wind	H50	42.51	43.44	
	bl	14 John Ivar Kristensen	H50	39.80	44.31	
		Doede Wind		John Ivar Kristensen		
		100m 12.35 (12.35)		100m 12.14 (12.14)		
		500m 43.44 (31.09)		500m 44.31 (32.17)		
		Naam	Cat	PR	Tijd	Info
23	wt	18 Tjard Kopka	H55	40.31	42.66	
	rd	41 Andrus Kuusk	HSB	41.26	41.97	
		Tjard Kopka		Andrus Kuusk		
		100m 12.02 (12.02)		100m 11.14 (11.14)		
		500m 42.66 (30.64)		500m 41.97 (30.83)		
		Naam	Cat	PR	Tijd	Info
24	gl	91 René Pfeffer	H45	38.74	42.47	
	bl	24 Ville Männistö	H40	41.53	41.46	PR
		René Pfeffer		Ville Männistö		
		100m 11.24 (11.24)		100m 11.39 (11.39)		
		500m 42.47 (31.23)		500m 41.46 (30.07)		



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4. Uitslag 500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	118 Rene van Bernum	H60	34	O	41.65		
2	67 Bastiaan Geurts	HSB	33	O	42.24		
3	50 Chris van der Plaats	H60	33	I	42.75		
4	81 Frans Verhoeve	H55	34	I	42.86		
5	49 Daan Spoelstra	H45	32	O	42.89		
6	47 Martijn van der Horst	H50	31	O	43.87		
7	78 Stijn Verhagen	H45	32	I	44.37		
8	22 Imke Hüser	DSB	31	I	45.07		
9	73 Thomas Voswinkel	HSB	29	O	45.93		
10	109 Michiel Neyt	H40	30	O	46.07		
11	64 Wendy van der Ham	D50	30	I	46.28		
12	60 Guus Olijerhoek	H55	29	I	47.31		
13	85 Anna Van der Stok	D50	28	I	48.27		
14	108 Erik Dahlén	H55	27	O	49.76		
15	99 René Koning	H60	27	I	50.07		
16	100 Jaap van Kouterik	H70	28	O	50.11		
17	5 Jann van Benthem	H65	26	I	50.83		
18	46 Magnar Langvik	H75	26	O	51.90		
19	151 Thomas Hoekstra	H70	25	I	54.15		
20	30 Ton van Helden	H75	25	O	57.71		

4. Rituitslag 500m Allround Small

		Naam		Cat		PR	Tijd	Info
25	wt	151	Thomas Hoekstra		H70	44.40	54.15	
	rd	30	Ton van Helden		H75	44.15	57.71	
		Thomas Hoekstra			Ton van Helden			
		100m	14.17	(14.17)	100m	14.60	(14.60)	
		500m	54.15	(39.98)	500m	57.71	(43.11)	

		Naam		Cat		PR	Tijd	Info
26	gl	5	Jann van Benthem		H65	43.87	50.83	
	bl	46	Magnar Langvik		H75	46.62	51.90	
		Jann van Benthem			Magnar Langvik			
		100m	13.68	(13.68)	100m	13.93	(13.93)	
		500m	50.83	(37.15)	500m	51.90	(37.97)	

		Naam		Cat		PR	Tijd	Info
27	wt	99	René Koning		H60	44.05	50.07	
	rd	108	Erik Dahlén		H55	48.76	49.76	
		René Koning			Erik Dahlén			
		100m	13.06	(13.06)	100m	13.47	(13.47)	
		500m	50.07	(37.01)	500m	49.76	(36.29)	

		Naam		Cat		PR	Tijd	Info
28	gl	85	Anna Van der Stok		D50	47.19	48.27	
	bl	100	Jaap van Kouterik		H70	42.40	50.11	
		Anna Van der Stok			Jaap van Kouterik			
		100m	12.86	(12.86)	100m	14.02	(14.02)	
		500m	48.27	(35.41)	500m	50.11	(36.09)	

		Naam		Cat		PR	Tijd	Info
29	wt	60	Guus Olijerhoek		H55	41.50	47.31	
	rd	73	Thomas Voswinkel		HSB	45.13	45.93	
		Guus Olijerhoek			Thomas Voswinkel			
		100m	13.20	(13.20)	100m	12.96	(12.96)	
		500m	47.31	(34.11)	500m	45.93	(32.97)	

		Naam	Cat	PR	Tijd	Info
30	gl	64 Wendy van der Ham	D50	45.63	46.28	
	bl	109 Michiel Neyt	H40	44.12	46.07	
		Wendy van der Ham		Michiel Neyt		
		100m	12.36 (12.36)	100m	11.87 (11.87)	
		500m	46.28 (33.92)	500m	46.07 (34.20)	
		Naam	Cat	PR	Tijd	Info
31	wt	22 Imke Hüser	DSB	43.02	45.07	
	rd	47 Martijn van der Horst	H50	39.70	43.87	
		Imke Hüser		Martijn van der Horst		
		100m	12.42 (12.42)	100m	12.26 (12.26)	
		500m	45.07 (32.65)	500m	43.87 (31.61)	
		Naam	Cat	PR	Tijd	Info
32	gl	78 Stijn Verhagen	H45	43.15	44.37	
	bl	49 Daan Spoelstra	H45	42.67	42.89	
		Stijn Verhagen		Daan Spoelstra		
		100m	11.82 (11.82)	100m	11.71 (11.71)	
		500m	44.37 (32.55)	500m	42.89 (31.18)	
		Naam	Cat	PR	Tijd	Info
33	wt	50 Chris van der Plaats	H60	40.90	42.75	
	rd	67 Bastiaan Geurts	HSB	40.26	42.24	
		Chris van der Plaats		Bastiaan Geurts		
		100m	11.88 (11.88)	100m	11.48 (11.48)	
		500m	42.75 (30.87)	500m	42.24 (30.76)	
		Naam	Cat	PR	Tijd	Info
34	gl	81 Frans Verhoeve	H55	40.44	42.86	
	bl	118 Rene van Bernum	H60	37.91	41.65	
		Frans Verhoeve		Rene van Bernum		
		100m	11.91 (11.91)	100m	11.45 (11.45)	
		500m	42.86 (30.95)	500m	41.65 (30.20)	



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5. Uitslag 500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	157 Nomdo de Heer	HN4	36	O	38.04		
2	154 Jonah Zwaan	HB2	36	I	40.46		
3	156 Ruben Molenaar	HB2	35	I	42.89	PR	
4	155 Valentijn van der Liet	HB1	35	O	45.43		

5. Rituitslag 500m Allround Small - O

		Naam		Cat		PR		Tijd	Info
35	wt	156	Ruben Molenaar		HB2	43.51		42.89	PR
	rd	155	Valentijn van der Liet		HB1	44.76		45.43	
		Ruben Molenaar				Valentijn van der Liet			
		100m	11.61	(11.61)		100m	12.70	(12.70)	
		500m	42.89	(31.28)		500m	45.43	(32.73)	

		Naam		Cat		PR		Tijd	Info
36	gl	154	Jonah Zwaan		HB2	40.45		40.46	
	bl	157	Nomdo de Heer		HN4	37.92		38.04	
		Jonah Zwaan				Nomdo de Heer			
		100m	11.42	(11.42)		100m	10.51	(10.51)	
		500m	40.46	(29.04)		500m	38.04	(27.53)	

6. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	23 Filip-Mihail Woicik	H40	50	O	39.10		
2	38 Bart Seffinga	H40	50	I	39.31		
3	153 Katja Franzen	DSB	49	I	40.28		
4	35 Mark Reiling	H40	49	O	40.70		
5	86 Sylvain Langlois	H50	48	I	41.22		
6	44 Richard Normand	H60	48	O	42.12		
7	117 Ahti Oks	H50	46	O	42.48		
8	1 Gijs van Cappelle	HSB	46	I	42.59		
9	75 Marloes Westerhof	D40	47	I	43.10		
10	123 Hans Arne Frodal	HSA	51	O	43.28	RS	
11	11 Erik Jeuring	H45	44	I	43.87		
12	69 Claudia Henckel	DSB	45	I	43.92		
13	105 Andreas Lobes	H50	45	O	44.86		
14	77 Piet Siemonsma	H70	44	O	45.30		
15	2 Monique Visser	DSB	43	I	45.71		
16	107 Klaas Luijten	H55	42	O	45.92		
17	36 Carolien Mulder	DSB	43	O	46.54		
18	55 Anja Bollaart	D55	41	I	48.40		
19	122 Hans-Peter Ambass	H65	41	O	48.52		
20	56 Erik Buitenhuis	H60	40	I	49.51		
21	63 Karin Terhürne	D55	40	O	50.06		
22	72 Johan Smit	H65	38	I	51.30		
23	111 Astrid Janssen	D60	39	O	51.64		
24	80 Jorien Oosterwijk	D55	39	I	52.49		
25	54 Kees Bollaart	H60	42	I	53.29		
26	42 Klas Berlic Fras	H50	38	O	54.50	PR	
27	143 Lou Hoogewerf	H70	37	I	56.69		
28	140 Bram de Vries	H80	37	O	58.89		

6. Rituitslag 500m Sprint

		Naam		Cat		PR	Tijd	Info
37	wt	143	Lou Hoogewerf		H70	46.75	56.69	
	rd	140	Bram de Vries		H80	44.64	58.89	
		Lou Hoogewerf			Bram de Vries			
		100m	14.54	(14.54)	100m	16.04	(16.04)	
		500m	56.69	(42.15)	500m	58.89	(42.85)	

		Naam		Cat		PR	Tijd	Info
38	gl	72	Johan Smit		H65	47.45	51.30	
	bl	42	Klas Berlic Fras		H50	54.66	54.50	PR
		Johan Smit			Klas Berlic Fras			
		100m	13.94	(13.94)	100m	14.49	(14.49)	
		500m	51.30	(37.36)	500m	54.50	(40.01)	

		Naam		Cat		PR	Tijd	Info
39	wt	80	Jorien Oosterwijk		D55	45.91	52.49	
	rd	111	Astrid Janssen		D60	46.77	51.64	
		Jorien Oosterwijk			Astrid Janssen			
		100m	13.83	(13.83)	100m	14.15	(14.15)	
		500m	52.49	(38.66)	500m	51.64	(37.49)	

		Naam		Cat		PR	Tijd	Info
40	gl	56	Erik Buitenhuis		H60	44.25	49.51	
	bl	63	Karin Terhürne		D55	46.30	50.06	
		Erik Buitenhuis			Karin Terhürne			
		100m	13.43	(13.43)	100m	13.44	(13.44)	
		500m	49.51	(36.08)	500m	50.06	(36.62)	

		Naam		Cat		PR	Tijd	Info
41	wt	55	Anja Bollaart		D55	41.31	48.40	
	rd	122	Hans-Peter Ambass		H65	42.87	48.52	
		Anja Bollaart			Hans-Peter Ambass			
		100m	13.27	(13.27)	100m	12.89	(12.89)	
		500m	48.40	(35.13)	500m	48.52	(35.63)	

		Naam	Cat	PR	Tijd	Info
42	gl	54 Kees Bollaart	H60	43.55	53.29	
	bl	107 Klaas Luijten	H55	45.91	45.92	
		Kees Bollaart				Klaas Luijten
		100m	13.58 (13.58)	100m	12.60 (12.60)	
		500m	53.29 (39.71)	500m	45.92 (33.32)	
		Naam	Cat	PR	Tijd	Info
43	wt	2 Monique Visser	DSB	45.56	45.71	
	rd	36 Carolien Mulder	DSB	44.65	46.54	
		Monique Visser				Carolien Mulder
		100m	12.47 (12.47)	100m	12.72 (12.72)	
		500m	45.71 (33.24)	500m	46.54 (33.82)	
		Naam	Cat	PR	Tijd	Info
44	gl	11 Erik Jeuring	H45	41.78	43.87	
	bl	77 Piet Siemonsma	H70	42.05	45.30	
		Erik Jeuring				Piet Siemonsma
		100m	11.80 (11.80)	100m	12.44 (12.44)	
		500m	43.87 (32.07)	500m	45.30 (32.86)	
		Naam	Cat	PR	Tijd	Info
45	wt	69 Claudia Henckel	DSB	42.19	43.92	
	rd	105 Andreas Lobes	H50	43.47	44.86	
		Claudia Henckel				Andreas Lobes
		100m	11.77 (11.77)	100m	12.36 (12.36)	
		500m	43.92 (32.15)	500m	44.86 (32.50)	
		Naam	Cat	PR	Tijd	Info
46	gl	1 Gijs van Cappelle	HSB	41.27	42.59	
	bl	117 Ahti Oks	H50	41.94	42.48	
		Gijs van Cappelle				Ahti Oks
		100m	11.15 (11.15)	100m	11.24 (11.24)	
		500m	42.59 (31.44)	500m	42.48 (31.24)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info																																																																																																																																																																																																																					
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8. Uitslag 5000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Martin Hänggi	H55	64	I	6:55.08		
2	101 Arjan Bakker	H65	63	I	7:18.36		
3	3 Sybe van Hijum	HSB	64	O	7:24.23		
4	48 Guido Gosselink	H50	63	O	7:41.89		
5	104 Seppe Lybaert	H40	60	I	8:02.37		
6	53 Kees Langeveld	H65	61	I	8:13.07		
7	9 Erol Aksoy	H50	62	O	8:14.97		
8	115 Trygve Reitan	H55	61	O	8:16.99		
9	70 Kim Leliveld	DSB	62	I	8:18.96	PR	
10	97 Koen van Egmond	H40	56	O	8:27.24		
11	12 Octavian Moga	H55	60	O	8:32.65		
12	31 Josine Kroon	D40	59	I	8:34.18	PR	
13	19 Mircea Vranceanu	H70	57	I	8:39.47		
14	149 Olav Langeland	H65	58	O	8:42.05		
15	83 Ciska Stark	D60	58	I	8:46.98	PR	
16	16 Marvin Zeisberg	HSB	57	O	8:50.44		
17	88 Hans-Gerd Heyne	H60	55	O	8:51.66		
18	28 Johan van Metting-van Rijn	H65	56	I	8:51.67		
19	51 Erwin Henskes	H65	55	I	9:03.80		
20	113 Kees Verdouw	H80	59	O	9:10.21		
21	126 Patty van Hoorn	D50	54	O	9:20.11	PR	
22	7 Daniëlle Frijters	DSB	54	I	9:35.92	PR	
23	120 Harold Spragg	H70	53	O	9:43.50		
24	37 Thierry Huberland	H60	53	I	10:08.14	FL	
25	13 Arne Kjell Foldvik	H90	51	I	17:24.99		

8. Rituitslag 5000m Allround Big

	Naam	Cat	PR	Tijd	Info
51	wt rd	13 Arne Kjell Foldvik	H90	8:33.53	17:24.99

Arne Kjell Foldvik

200m	46.89	(46.89)	m
600m	2:10.51	(83.62)	
1000m	3:35.43	(84.92)	
1400m	4:59.74	(84.31)	
1800m	6:27.48	(87.74)	
2200m	7:52.24	(84.76)	
2600m	9:20.67	(88.43)	
3000m	10:44.84	(84.17)	
3400m	12:07.56	(82.72)	
3800m	13:29.34	(81.78)	
4200m	14:51.11	(81.77)	
4600m	16:12.89	(81.78)	
5000m	17:24.99	(72.10)	

	Naam	Cat	PR	Tijd	Info
52	gl bl				
				m	m

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
53	wt	37 Thierry Huberland	H60	9:20.43	10:08.14	FL
	rd	120 Harold Spragg	H70	8:03.62	9:43.50	
		Thierry Huberland				
		200m	32.48 (32.48)	200m	28.53 (28.53)	
		600m	1:20.88 (48.40)	600m	1:17.60 (49.07)	
		1000m	2:07.93 (47.05)	1000m	2:04.68 (47.08)	
		1400m	2:54.30 (46.37)	1400m	2:51.10 (46.42)	
		1800m	3:40.36 (46.06)	1800m	3:37.83 (46.73)	
		2200m	4:25.96 (45.60)	2200m	4:24.51 (46.68)	
		2600m	5:27.13 (61.17)	2600m	5:10.68 (46.17)	
		3000m	6:14.19 (47.06)	3000m	5:56.84 (46.16)	
		3400m	6:59.92 (45.73)	3400m	6:42.76 (45.92)	
		3800m	7:46.73 (46.81)	3800m	7:28.23 (45.47)	
		4200m	8:34.09 (47.36)	4200m	8:13.20 (44.97)	
		4600m	9:21.76 (47.67)	4600m	8:58.17 (44.97)	
		5000m	10:08.14 (46.38)	5000m	9:43.50 (45.33)	

		Naam	Cat	PR	Tijd	Info
54	gl	7 Daniëlle Frijters	DSB	9:38.44	9:35.92	PR
	bl	126 Patty van Hoorn	D50	9:20.49	9:20.11	PR
		Daniëlle Frijters				
		200m	27.31 (27.31)	200m	26.77 (26.77)	
		600m	1:09.73 (42.42)	600m	1:07.86 (41.09)	
		1000m	1:52.85 (43.12)	1000m	1:51.04 (43.18)	
		1400m	2:36.96 (44.11)	1400m	2:35.44 (44.40)	
		1800m	3:21.49 (44.53)	1800m	3:20.27 (44.83)	
		2200m	4:01.72 (40.23)	2200m	4:04.15 (43.88)	
		2600m	4:52.25 (50.53)	2600m	4:49.12 (44.97)	
		3000m	5:38.64 (46.39)	3000m	5:33.48 (44.36)	
		3400m	6:25.98 (47.34)	3400m	6:17.73 (44.25)	
		3800m	7:13.16 (47.18)	3800m	7:03.29 (45.56)	
		4200m	8:01.24 (48.08)	4200m	7:49.58 (46.29)	
		4600m	8:49.95 (48.71)	4600m	8:34.99 (45.41)	
		5000m	9:35.92 (45.97)	5000m	9:20.11 (45.12)	
		Patty van Hoorn				

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
55	wt	51 Erwin Henskes	H65	8:33.76	9:03.80	
	rd	88 Hans-Gerd Heyne	H60	8:15.76	8:51.66	
		Erwin Henskes			Hans-Gerd Heyne	
		200m	26.84 (26.84)	200m	27.38 (27.38)	
		600m	1:08.91 (42.07)	600m	1:10.56 (43.18)	
		1000m	1:52.03 (43.12)	1000m	1:53.54 (42.98)	
		1400m	2:36.08 (44.05)	1400m	2:35.83 (42.29)	
		1800m	3:18.93 (42.85)	1800m	3:18.42 (42.59)	
		2200m	4:02.08 (43.15)	2200m	4:00.31 (41.89)	
		2600m	4:45.43 (43.35)	2600m	4:42.62 (42.31)	
		3000m	5:28.93 (43.50)	3000m	5:24.25 (41.63)	
		3400m	6:12.47 (43.54)	3400m	6:06.59 (42.34)	
		3800m	6:56.14 (43.67)	3800m	6:48.57 (41.98)	
		4200m	7:39.50 (43.36)	4200m	7:29.69 (41.12)	
		4600m	8:22.03 (42.53)	4600m	8:10.61 (40.92)	
		5000m	9:03.80 (41.77)	5000m	8:51.66 (41.05)	

		Naam	Cat	PR	Tijd	Info
56	gl	28 Johan van Metting-van Rijn	H65	7:48.64	8:51.67	
	bl	97 Koen van Egmond	H40	8:18.64	8:27.24	
		Johan van Metting-van Rijn			Koen van Egmond	
		200m	24.67 (24.67)	200m	24.36 (24.36)	
		600m	1:04.49 (39.82)	600m	1:04.30 (39.94)	
		1000m	1:45.73 (41.24)	1000m	1:44.81 (40.51)	
		1400m	2:27.50 (41.77)	1400m	2:25.39 (40.58)	
		1800m	3:10.03 (42.53)	1800m	3:05.82 (40.43)	
		2200m	3:52.74 (42.71)	2200m	3:46.04 (40.22)	
		2600m	4:35.17 (42.43)	2600m	4:26.05 (40.01)	
		3000m	5:17.36 (42.19)	3000m	5:05.86 (39.81)	
		3400m	6:00.10 (42.74)	3400m	5:45.40 (39.54)	
		3800m	6:42.88 (42.78)	3800m	6:25.45 (40.05)	
		4200m	7:26.15 (43.27)	4200m	7:06.26 (40.81)	
		4600m	8:09.11 (42.96)	4600m	7:46.86 (40.60)	
		5000m	8:51.67 (42.56)	5000m	8:27.24 (40.38)	

		Naam	Cat	PR	Tijd	Info
57	wt	19 Mircea Vranceanu	H70	7:41.39	8:39.47	
	rd	16 Marvin Zeisberg	HSB	8:40.36	8:50.44	
		Mircea Vranceanu				Marvin Zeisberg
		200m	24.23 (24.23)	200m	24.20 (24.20)	
		600m	1:02.94 (38.71)	600m	1:03.01 (38.81)	
		1000m	1:43.00 (40.06)	1000m	1:43.17 (40.16)	
		1400m	2:23.80 (40.80)	1400m	2:23.76 (40.59)	
		1800m	3:04.73 (40.93)	1800m	3:05.50 (41.74)	
		2200m	3:46.11 (41.38)	2200m	3:47.48 (41.98)	
		2600m	4:27.56 (41.45)	2600m	4:29.44 (41.96)	
		3000m	5:08.77 (41.21)	3000m	5:12.46 (43.02)	
		3400m	5:50.21 (41.44)	3400m	5:55.97 (43.51)	
		3800m	6:31.65 (41.44)	3800m	6:39.76 (43.79)	
		4200m	7:13.66 (42.01)	4200m	7:23.52 (43.76)	
		4600m	7:56.49 (42.83)	4600m	8:07.41 (43.89)	
		5000m	8:39.47 (42.98)	5000m	8:50.44 (43.03)	

		Naam	Cat	PR	Tijd	Info
58	gl	83 Ciska Stark	D60	8:46.99	8:46.98	PR
	bl	149 Olav Langeland	H65	7:46.19	8:42.05	
		Ciska Stark				Olav Langeland
		200m	24.59 (24.59)	200m	25.74 (25.74)	
		600m	1:03.22 (38.63)	600m	1:04.67 (38.93)	
		1000m	1:44.39 (41.17)	1000m	1:45.57 (40.90)	
		1400m	2:26.95 (42.56)	1400m	2:27.15 (41.58)	
		1800m	3:09.52 (42.57)	1800m	3:08.53 (41.38)	
		2200m	3:51.59 (42.07)	2200m	3:50.12 (41.59)	
		2600m	4:34.39 (42.80)	2600m	4:31.69 (41.57)	
		3000m	5:16.57 (42.18)	3000m	5:13.36 (41.67)	
		3400m	5:59.69 (43.12)	3400m	5:54.72 (41.36)	
		3800m	6:42.54 (42.85)	3800m	6:36.61 (41.89)	
		4200m	7:24.63 (42.09)	4200m	7:18.46 (41.85)	
		4600m	8:06.15 (41.52)	4600m	8:00.64 (42.18)	
		5000m	8:46.98 (40.83)	5000m	8:42.05 (41.41)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
59	wt	31 Josine Kroon	D40	8:50.53	8:34.18	PR
	rd	113 Kees Verdouw	H80	7:35.62	9:10.21	
		Josine Kroon			Kees Verdouw	
		200m	25.41 (25.41)	200m	27.54 (27.54)	
		600m	1:05.84 (40.43)	600m	1:10.38 (42.84)	
		1000m	1:46.56 (40.72)	1000m	1:53.38 (43.00)	
		1400m	2:27.26 (40.70)	1400m	2:37.92 (44.54)	
		1800m	3:08.04 (40.78)	1800m	3:21.83 (43.91)	
		2200m	3:48.77 (40.73)	2200m	4:05.66 (43.83)	
		2600m	4:29.89 (41.12)	2600m	4:48.66 (43.00)	
		3000m	5:11.37 (41.48)	3000m	5:31.43 (42.77)	
		3400m	5:51.45 (40.08)	3400m	6:14.36 (42.93)	
		3800m	6:31.83 (40.38)	3800m	6:58.04 (43.68)	
		4200m	7:12.69 (40.86)	4200m	7:41.87 (43.83)	
		4600m	7:53.56 (40.87)	4600m	8:26.06 (44.19)	
		5000m	8:34.18 (40.62)	5000m	9:10.21 (44.15)	

		Naam	Cat	PR	Tijd	Info
60	gl	104 Seppe Lybaert	H40	7:46.06	8:02.37	
	bl	12 Octavian Moga	H55	7:58.31	8:32.65	
		Seppe Lybaert			Octavian Moga	
		200m	23.90 (23.90)	200m	25.21 (25.21)	
		600m	1:01.22 (37.32)	600m	1:04.19 (38.98)	
		1000m	1:38.83 (37.61)	1000m	1:43.91 (39.72)	
		1400m	2:16.92 (38.09)	1400m	2:24.41 (40.50)	
		1800m	2:55.20 (38.28)	1800m	3:04.66 (40.25)	
		2200m	3:33.15 (37.95)	2200m	3:45.08 (40.42)	
		2600m	4:10.68 (37.53)	2600m	4:25.07 (39.99)	
		3000m	4:49.49 (38.81)	3000m	5:06.04 (40.97)	
		3400m	5:27.76 (38.27)	3400m	5:47.48 (41.44)	
		3800m	6:06.24 (38.48)	3800m	6:28.76 (41.28)	
		4200m	6:44.98 (38.74)	4200m	7:10.02 (41.26)	
		4600m	7:23.54 (38.56)	4600m	7:51.50 (41.48)	
		5000m	8:02.37 (38.83)	5000m	8:32.65 (41.15)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
61	wt	53 Kees Langeveld	H65	7:47.66	8:13.07	
	rd	115 Trygve Reitan	H55	8:11.94	8:16.99	
		Kees Langeveld				Trygve Reitan
		200m 24.77 (24.77)		200m 24.28 (24.28)		
		600m 1:03.38 (38.61)		600m 1:02.30 (38.02)		
		1000m 1:42.52 (39.14)		1000m 1:40.89 (38.59)		
		1400m 2:22.00 (39.48)		1400m 2:20.00 (39.11)		
		1800m 3:01.09 (39.09)		1800m 2:58.88 (38.88)		
		2200m 3:39.69 (38.60)		2200m 3:38.25 (39.37)		
		2600m 4:18.31 (38.62)		2600m 4:17.91 (39.66)		
		3000m 4:57.28 (38.97)		3000m 4:57.28 (39.37)		
		3400m 5:36.33 (39.05)		3400m 5:36.55 (39.27)		
		3800m 6:15.93 (39.60)		3800m 6:16.06 (39.51)		
		4200m 6:55.28 (39.35)		4200m 6:56.33 (40.27)		
		4600m 7:34.71 (39.43)		4600m 7:36.57 (40.24)		
		5000m 8:13.07 (38.36)		5000m 8:16.99 (40.42)		

		Naam	Cat	PR	Tijd	Info
62	gl	70 Kim Leliveld	DSB	8:21.47	8:18.96	PR
	bl	9 Erol Aksoy	H50	8:08.20	8:14.97	
		Kim Leliveld				Erol Aksoy
		200m 23.29 (23.29)		200m 24.05 (24.05)		
		600m 1:00.98 (37.69)		600m 1:01.29 (37.24)		
		1000m 1:39.36 (38.38)		1000m 1:39.35 (38.06)		
		1400m 2:18.27 (38.91)		1400m 2:17.68 (38.33)		
		1800m 2:57.31 (39.04)		1800m 2:56.87 (39.19)		
		2200m 3:36.15 (38.84)		2200m 3:35.98 (39.11)		
		2600m 4:15.60 (39.45)		2600m 4:15.44 (39.46)		
		3000m 4:55.59 (39.99)		3000m 4:54.97 (39.53)		
		3400m 5:35.70 (40.11)		3400m 5:34.83 (39.86)		
		3800m 6:16.10 (40.40)		3800m 6:14.98 (40.15)		
		4200m 6:57.10 (41.00)		4200m 6:55.29 (40.31)		
		4600m 7:37.96 (40.86)		4600m 7:35.74 (40.45)		
		5000m 8:18.96 (41.00)		5000m 8:14.97 (39.23)		

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
63	wt	101 Arjan Bakker	H65	7:02.49	7:18.36	
	rd	48 Guido Gosselink	H50	7:33.20	7:41.89	
		Arjan Bakker				Guido Gosselink
		200m	22.46 (22.46)	200m	23.18 (23.18)	
		600m	57.15 (34.69)	600m	58.54 (35.36)	
		1000m	1:31.78 (34.63)	1000m	1:33.77 (35.23)	
		1400m	2:06.86 (35.08)	1400m	2:09.40 (35.63)	
		1800m	2:41.67 (34.81)	1800m	2:45.31 (35.91)	
		2200m	3:16.31 (34.64)	2200m	3:21.64 (36.33)	
		2600m	3:51.01 (34.70)	2600m	3:57.97 (36.33)	
		3000m	4:25.80 (34.79)	3000m	4:34.70 (36.73)	
		3400m	5:01.05 (35.25)	3400m	5:11.66 (36.96)	
		3800m	5:35.72 (34.67)	3800m	5:48.93 (37.27)	
		4200m	6:09.67 (33.95)	4200m	6:26.12 (37.19)	
		4600m	6:43.97 (34.30)	4600m	7:03.80 (37.68)	
		5000m	7:18.36 (34.39)	5000m	7:41.89 (38.09)	

		Naam	Cat	PR	Tijd	Info
64	gl	119 Martin Hänggi	H55	6:35.30	6:55.08	
	bl	3 Sybe van Hijum	HSB	7:20.44	7:24.23	
		Martin Hänggi				Sybe van Hijum
		200m	21.35 (21.35)	200m	22.05 (22.05)	
		600m	54.19 (32.84)	600m	56.58 (34.53)	
		1000m	1:26.76 (32.57)	1000m	1:31.91 (35.33)	
		1400m	1:59.19 (32.43)	1400m	2:07.02 (35.11)	
		1800m	2:31.64 (32.45)	1800m	2:41.99 (34.97)	
		2200m	3:04.17 (32.53)	2200m	3:16.96 (34.97)	
		2600m	3:37.03 (32.86)	2600m	3:52.28 (35.32)	
		3000m	4:09.98 (32.95)	3000m	4:27.68 (35.40)	
		3400m	4:42.91 (32.93)	3400m	5:03.02 (35.34)	
		3800m	5:15.61 (32.70)	3800m	5:37.88 (34.86)	
		4200m	5:48.67 (33.06)	4200m	6:12.83 (34.95)	
		4600m	6:21.78 (33.11)	4600m	6:48.18 (35.35)	
		5000m	6:55.08 (33.30)	5000m	7:24.23 (36.05)	

9. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	38 Bart Seffinga	H40	78	I	1:17.52		
2	23 Filip-Mihail Woicik	H40	78	O	1:17.55		
3	35 Mark Reiling	H40	77	I	1:20.30		
4	153 Katja Franzen	DSB	77	O	1:20.31		
5	86 Sylvain Langlois	H50	76	I	1:22.42		
6	117 Ahti Oks	H50	76	O	1:23.55		
7	123 Hans Arne Frodal	HSA	75	O	1:24.92		
8	44 Richard Normand	H60	75	I	1:25.72		
9	75 Marloes Westerhof	D40	74	I	1:25.81		
10	1 Gijs van Cappelle	HSB	74	O	1:26.26		
11	105 Andreas Lobes	H50	73	I	1:27.50	PR	
12	11 Erik Jeurig	H45	72	O	1:29.17		
13	69 Claudia Henckel	DSB	73	O	1:29.49		
14	77 Piet Siemonsma	H70	72	I	1:31.41		
15	36 Carolien Mulder	DSB	71	I	1:34.08		
16	2 Monique Visser	DSB	70	O	1:35.69		
17	54 Kees Bollaart	H60	70	I	1:37.57		
18	55 Anja Bollaart	D55	69	I	1:38.32		
19	122 Hans-Peter Ambass	H65	68	I	1:39.51		
20	56 Erik Buitenhuis	H60	69	O	1:40.70		
21	63 Karin Terhürne	D55	68	O	1:41.30		
22	111 Astrid Janssen	D60	67	O	1:41.61		
23	72 Johan Smit	H65	67	I	1:41.62		
24	80 Jorien Oosterwijk	D55	66	I	1:49.04		
25	42 Klas Berlic Fras	H50	66	O	1:52.91	PR	
26	143 Lou Hoogewerf	H70	65	O	1:55.88		
27	140 Bram de Vries	H80	65	I	1:59.78		
	107 Klaas Luijten	H55	71	O		DQ	

9. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd	Info
65	wt	140 Bram de Vries	H80	1:29.98	1:59.78	
	rd	143 Lou Hoogewerf	H70	1:33.90	1:55.88	

Bram de Vries

200m	27.62	(27.62)
600m	1:12.33	(44.71)
1000m	1:59.78	(47.45)

Lou Hoogewerf

200m	26.63	(26.63)
600m	1:10.75	(44.12)
1000m	1:55.88	(45.13)

		Naam	Cat	PR	Tijd	Info
66	gl	80 Jorien Oosterwijk	D55	1:36.79	1:49.04	
	bl	42 Klas Berlic Fras	H50	1:53.50	1:52.91	PR

Jorien Oosterwijk

200m	24.45	(24.45)
600m	1:04.89	(40.44)
1000m	1:49.04	(44.15)

Klas Berlic Fras

200m	25.88	(25.88)
600m	1:07.84	(41.96)
1000m	1:52.91	(45.07)

		Naam	Cat	PR	Tijd	Info
67	wt	72 Johan Smit	H65	1:36.51	1:41.62	
	rd	111 Astrid Janssen	D60	1:31.53	1:41.61	

Johan Smit

200m	23.97	(23.97)
600m	1:01.78	(37.81)
1000m	1:41.62	(39.84)

Astrid Janssen

200m	24.28	(24.28)
600m	1:01.70	(37.42)
1000m	1:41.61	(39.91)

		Naam	Cat	PR	Tijd	Info
68	gl	122 Hans-Peter Ambass	H65	1:26.70	1:39.51	
	bl	63 Karin Terhürne	D55	1:31.99	1:41.30	

Hans-Peter Ambass

200m	22.37	(22.37)
600m	59.85	(37.48)
1000m	1:39.51	(39.66)

Karin Terhürne

200m	24.27	(24.27)
600m	1:02.34	(38.07)
1000m	1:41.30	(38.96)

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat		PR	Tijd	Info
69	wt	55 Anja Bollaart	D55		1:21.38	1:38.32	
	rd	56 Erik Buitenhuis	H60		1:28.22	1:40.70	
		Anja Bollaart			Erik Buitenhuis		
		200m	23.06	(23.06)	200m	23.61	(23.61)
		600m	58.97	(35.91)	600m	1:01.21	(37.60)
		1000m	1:38.32	(39.35)	1000m	1:40.70	(39.49)

		Naam	Cat		PR	Tijd	Info
70	gl	54 Kees Bollaart	H60		1:26.89	1:37.57	
	bl	2 Monique Visser	DSB		1:33.93	1:35.69	
		Kees Bollaart			Monique Visser		
		200m	22.72	(22.72)	200m	21.49	(21.49)
		600m	58.46	(35.74)	600m	57.05	(35.56)
		1000m	1:37.57	(39.11)	1000m	1:35.69	(38.64)

		Naam	Cat		PR	Tijd	Info
71	wt	36 Carolien Mulder	DSB		1:32.22	1:34.08	
	rd	107 Klaas Luijten	H55		1:31.24	DQ	
		Carolien Mulder			Klaas Luijten		
		200m	21.83	(21.83)			
		600m	56.42	(34.59)			
		1000m	1:34.08	(37.66)			

		Naam	Cat		PR	Tijd	Info
72	gl	77 Piet Siemonsma	H70		1:23.23	1:31.41	
	bl	11 Erik Jeuring	H45		1:25.30	1:29.17	
		Piet Siemonsma			Erik Jeuring		
		200m	21.75	(21.75)	200m	20.75	(20.75)
		600m	55.34	(33.59)	600m	53.38	(32.63)
		1000m	1:31.41	(36.07)	1000m	1:29.17	(35.79)

		Naam	Cat	PR	Tijd	Info
73	wt	105 Andreas Lobes	H50	1:28.67	1:27.50	PR
	rd	69 Claudia Henckel	DSB	1:24.86	1:29.49	
		Andreas Lobes			Claudia Henckel	
		200m	21.31 (21.31)	200m	20.47 (20.47)	
		600m	53.64 (32.33)	600m	53.35 (32.88)	
		1000m	1:27.50 (33.86)	1000m	1:29.49 (36.14)	

		Naam	Cat	PR	Tijd	Info
74	gl	75 Marloes Westerhof	D40	1:25.30	1:25.81	
	bl	1 Gijs van Cappelle	HSB	1:22.70	1:26.26	
		Marloes Westerhof			Gijs van Cappelle	
		200m	19.94 (19.94)	200m	19.72 (19.72)	
		600m	51.63 (31.69)	600m	51.71 (31.99)	
		1000m	1:25.81 (34.18)	1000m	1:26.26 (34.55)	

		Naam	Cat	PR	Tijd	Info
75	wt	44 Richard Normand	H60	1:23.84	1:25.72	
	rd	123 Hans Arne Frodal	HSA	1:21.76	1:24.92	
		Richard Normand			Hans Arne Frodal	
		200m	19.62 (19.62)	200m	19.62 (19.62)	
		600m	51.22 (31.60)	600m	50.56 (30.94)	
		1000m	1:25.72 (34.50)	1000m	1:24.92 (34.36)	

		Naam	Cat	PR	Tijd	Info
76	gl	86 Sylvain Langlois	H50	1:21.20	1:22.42	
	bl	117 Ahti Oks	H50	1:23.28	1:23.55	
		Sylvain Langlois			Ahti Oks	
		200m	19.45 (19.45)	200m	19.56 (19.56)	
		600m	49.51 (30.06)	600m	50.86 (31.30)	
		1000m	1:22.42 (32.91)	1000m	1:23.55 (32.69)	



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		Naam		Cat		PR		Tijd	Info
77	wt	35	Mark Reiling		H40		1:17.66	1:20.30	
	rd	153	Katja Franzen		DSB		1:17.30	1:20.31	
		Mark Reiling				Katja Franzen			
		200m	19.00	(19.00)		200m	18.81	(18.81)	
		600m	48.73	(29.73)		600m	48.53	(29.72)	
		1000m	1:20.30	(31.57)		1000m	1:20.31	(31.78)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
78	gl	38	Bart Seffinga		H40		1:12.16	1:17.52	
	bl	23	Filip-Mihail Woicik		H40		1:16.65	1:17.55	
		Bart Seffinga				Filip-Mihail Woicik			
		200m	18.38	(18.38)		200m	18.08	(18.08)	
		600m	46.72	(28.34)		600m	46.70	(28.62)	
		1000m	1:17.52	(30.80)		1000m	1:17.55	(30.85)	

11. Uitslag 3000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18 Tjard Kopka	H55	88	I	4:11.40		
2	24 Ville Männistö	H40	88	O	4:18.64	PR	
3	41 Andrus Kuusk	HSB	86	I	4:19.01	PR	
4	91 René Pfeffer	H45	87	O	4:27.44		
5	82 Doede Wind	H50	87	I	4:29.59	PR	
6	14 John Ivar Kristensen	H50	86	O	4:40.70		
7	79 Esther Bouman	DSB	85	I	4:56.49		
8	147 Tsjomme Dijkstra	HSB	85	O	4:57.57		
9	125 Imme Kampen	D40	84	O	5:01.09		
10	61 Ivo van Ling	H55	83	I	5:02.14		
11	65 Henriëtte Goede	D55	84	I	5:06.43		
12	34 Johan Luttik	H60	83	O	5:07.95	PR	
13	90 Eskil Andersson	H55	82	O	5:16.23		
14	58 Kevin van Cleef	H40	82	I	5:21.43		
15	71 Ilse van Ipenburg	DSB	81	I	5:22.13		
16	87 Andrej Kwadrin	H40	80	O	5:27.65	PR	
17	43 Frank Günther	H60	81	O	5:30.13		
18	17 Trine Landsem	D55	79	O	5:39.02	PR	
19	102 Carolien van Rees	D65	80	I	5:41.25		
20	59 Henriët van Ling	D55	79	I	5:42.09	PR	

11. Rituitslag 3000m Allround Normal

		Naam	Cat	PR	Tijd	Info
79	wt	59 Henriet van Ling	D55	5:49.33	5:42.09	PR
	rd	17 Trine Landsem	D55	5:42.62	5:39.02	PR
		Henriet van Ling				
		200m	27.77 (27.77)			
		600m	1:10.94 (43.17)			
		1000m	1:54.57 (43.63)			
		1400m	2:38.76 (44.19)			
		1800m	3:23.37 (44.61)			
		2200m	4:08.93 (45.56)			
		2600m	4:55.39 (46.46)			
		3000m	5:42.09 (46.70)			
		Trine Landsem				
		200m	27.69 (27.69)			
		600m	1:10.87 (43.18)			
		1000m	1:54.45 (43.58)			
		1400m	2:38.32 (43.87)			
		1800m	3:22.79 (44.47)			
		2200m	4:07.61 (44.82)			
		2600m	4:53.27 (45.66)			
		3000m	5:39.02 (45.75)			

		Naam	Cat	PR	Tijd	Info
80	gl	102 Carolien van Rees	D65	5:34.29	5:41.25	
	bl	87 Andrej Kwadrin	H40	5:41.32	5:27.65	PR
		Carolien van Rees				
		200m	26.47 (26.47)			
		600m	1:08.88 (42.41)			
		1000m	1:53.91 (45.03)			
		1400m	2:39.00 (45.09)			
		1800m	3:24.37 (45.37)			
		2200m	4:09.80 (45.43)			
		2600m	4:56.00 (46.20)			
		3000m	5:41.25 (45.25)			
		Andrej Kwadrin				
		200m	24.43 (24.43)			
		600m	1:04.41 (39.98)			
		1000m	1:45.95 (41.54)			
		1400m	2:29.02 (43.07)			
		1800m	3:12.61 (43.59)			
		2200m	3:56.82 (44.21)			
		2600m	4:41.44 (44.62)			
		3000m	5:27.65 (46.21)			

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		Naam	Cat		PR	Tijd	Info
81	wt	71 Ilse van Ipenburg	DSB		5:16.51	5:22.13	
	rd	43 Frank Günther	H60		5:17.28	5:30.13	
		<u>Ilse van Ipenburg</u>			<u>Frank Günther</u>		
		200m	24.94	(24.94)	200m	25.42	(25.42)
		600m	1:03.59	(38.65)	600m	1:04.98	(39.56)
		1000m	1:44.14	(40.55)	1000m	1:46.12	(41.14)
		1400m	2:26.85	(42.71)	1400m	2:29.61	(43.49)
		1800m	3:10.05	(43.20)	1800m	3:14.51	(44.90)
		2200m	3:54.45	(44.40)	2200m	4:00.25	(45.74)
		2600m	4:39.45	(45.00)	2600m	4:44.99	(44.74)
		3000m	5:22.13	(42.68)	3000m	5:30.13	(45.14)

		Naam	Cat		PR	Tijd	Info
82	gl	58 Kevin van Cleef	H40		5:09.09	5:21.43	
	bl	90 Eskil Andersson	H55		5:09.01	5:16.23	
		<u>Kevin van Cleef</u>			<u>Eskil Andersson</u>		
		200m	27.01	(27.01)	200m	26.35	(26.35)
		600m	1:07.43	(40.42)	600m	1:06.37	(40.02)
		1000m	1:48.69	(41.26)	1000m	1:46.33	(39.96)
		1400m	2:30.86	(42.17)	1400m	2:27.38	(41.05)
		1800m	3:13.37	(42.51)	1800m	3:08.75	(41.37)
		2200m	3:55.37	(42.00)	2200m	3:50.93	(42.18)
		2600m	4:38.04	(42.67)	2600m	4:33.45	(42.52)
		3000m	5:21.43	(43.39)	3000m	5:16.23	(42.78)

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		Naam			Cat	PR	Tijd	Info
83	wt	61	Ivo van Ling		H55	5:00.91	5:02.14	
	rd	34	Johan Luttk		H60	5:08.16	5:07.95	PR
		Ivo van Ling			Johan Luttk			
		200m	25.45	(25.45)	200m	25.46	(25.46)	
		600m	1:03.35	(37.90)	600m	1:02.99	(37.53)	
		1000m	1:41.85	(38.50)	1000m	1:42.36	(39.37)	
		1400m	2:21.87	(40.02)	1400m	2:22.16	(39.80)	
		1800m	3:01.96	(40.09)	1800m	3:02.98	(40.82)	
		2200m	3:42.12	(40.16)	2200m	3:44.55	(41.57)	
		2600m	4:22.46	(40.34)	2600m	4:26.59	(42.04)	
		3000m	5:02.14	(39.68)	3000m	5:07.95	(41.36)	

		Naam			Cat	PR	Tijd	Info
84	gl	65	Henriëtte Goede		D55	4:46.59	5:06.43	
	bl	125	Imme Kampen		D40	4:39.57	5:01.09	
		Henriëtte Goede			Imme Kampen			
		200m	24.36	(24.36)	200m	23.26	(23.26)	
		600m	1:02.26	(37.90)	600m	59.83	(36.57)	
		1000m	1:41.47	(39.21)	1000m	1:37.50	(37.67)	
		1400m	2:21.88	(40.41)	1400m	2:16.60	(39.10)	
		1800m	3:02.69	(40.81)	1800m	2:56.07	(39.47)	
		2200m	3:43.70	(41.01)	2200m	3:36.77	(40.70)	
		2600m	4:25.09	(41.39)	2600m	4:18.35	(41.58)	
		3000m	5:06.43	(41.34)	3000m	5:01.09	(42.74)	

		Naam	Cat	PR	Tijd	Info
85	wt	79 Esther Bouman	DSB	4:46.41	4:56.49	
	rd	147 Tsjomme Dijkstra	HSB	4:51.88	4:57.57	

Esther Bouman

200m	24.09	(24.09)
600m	1:01.84	(37.75)
1000m	1:40.50	(38.66)
1400m	2:19.68	(39.18)
1800m	2:58.33	(38.65)
2200m	3:36.96	(38.63)
2600m	4:16.30	(39.34)
3000m	4:56.49	(40.19)

Tsjomme Dijkstra

200m	24.04	(24.04)
600m	1:02.27	(38.23)
1000m	1:40.91	(38.64)
1400m	2:20.73	(39.82)
1800m	3:00.23	(39.50)
2200m	3:39.59	(39.36)
2600m	4:18.42	(38.83)
3000m	4:57.57	(39.15)

		Naam	Cat	PR	Tijd	Info
86	gl	41 Andrus Kuusk	HSB	4:19.29	4:19.01	PR
	bl	14 John Ivar Kristensen	H50	4:18.70	4:40.70	

Andrus Kuusk

200m	20.09	(20.09)
600m	53.15	(33.06)
1000m	1:27.00	(33.85)
1400m	2:01.11	(34.11)
1800m	2:35.53	(34.42)
2200m	3:09.78	(34.25)
2600m	3:44.58	(34.80)
3000m	4:19.01	(34.43)

John Ivar Kristensen

200m	23.08	(23.08)
600m	58.73	(35.65)
1000m	1:34.44	(35.71)
1400m	2:10.60	(36.16)
1800m	2:47.08	(36.48)
2200m	3:24.34	(37.26)
2600m	4:02.18	(37.84)
3000m	4:40.70	(38.52)

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		Naam	Cat		PR	Tijd	Info
87	wt	82 Doede Wind	H50		4:32.01	4:29.59	PR
	rd	91 René Pfeffer	H45		4:14.32	4:27.44	
		Doede Wind			René Pfeffer		
		200m	22.09	(22.09)	200m	21.37	(21.37)
		600m	55.32	(33.23)	600m	55.04	(33.67)
		1000m	1:29.61	(34.29)	1000m	1:28.34	(33.30)
		1400m	2:05.03	(35.42)	1400m	2:02.04	(33.70)
		1800m	2:40.91	(35.88)	1800m	2:36.86	(34.82)
		2200m	3:17.04	(36.13)	2200m	3:12.43	(35.57)
		2600m	3:53.26	(36.22)	2600m	3:49.19	(36.76)
		3000m	4:29.59	(36.33)	3000m	4:27.44	(38.25)
		Naam	Cat		PR	Tijd	Info
88	gl	18 Tjard Kopka	H55		4:10.63	4:11.40	
	bl	24 Ville Männistö	H40		4:19.29	4:18.64	PR
		Tjard Kopka			Ville Männistö		
		200m	21.03	(21.03)	200m	21.53	(21.53)
		600m	52.66	(31.63)	600m	54.84	(33.31)
		1000m	1:24.56	(31.90)	1000m	1:28.39	(33.55)
		1400m	1:57.28	(32.72)	1400m	2:01.82	(33.43)
		1800m	2:30.39	(33.11)	1800m	2:35.72	(33.90)
		2200m	3:03.70	(33.31)	2200m	3:09.05	(33.33)
		2600m	3:37.53	(33.83)	2600m	3:43.26	(34.21)
		3000m	4:11.40	(33.87)	3000m	4:18.64	(35.38)



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13. Uitslag 1500m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	118 Rene van Bernum	H60	98	I	2:03.69		
2	49 Daan Spoelstra	H45	98	O	2:05.18		
3	78 Stijn Verhagen	H45	96	I	2:09.39		
4	50 Chris van der Plaats	H60	97	O	2:11.40		
5	22 Imke Hüser	DSB	95	O	2:12.40		
6	47 Martijn van der Horst	H50	95	I	2:12.65		
7	67 Bastiaan Geurts	HSB	97	I	2:13.62		
8	73 Thomas Voswinkel	HSB	94	O	2:16.97		
9	60 Guus Olijerhoek	H55	94	I	2:20.82		
10	64 Wendy van der Ham	D50	93	O	2:26.74		
11	108 Erik Dahlén	H55	91	I	2:28.02	PR	
12	99 René Koning	H60	92	O	2:29.17		
13	109 Michiel Neyt	H40	90	I	2:29.93		
14	85 Anna Van der Stok	D50	91	O	2:31.21		
15	100 Jaap van Kouterik	H70	92	I	2:34.06		
16	5 Jann van Benthem	H65	93	I	2:36.29		
17	151 Thomas Hoekstra	H70	89	I	2:45.19		
18	46 Magnar Langvik	H75	90	O	2:48.32		
19	30 Ton van Helden	H75	89	O	2:56.80		
	81 Frans Verhoeve	H55				WDR	

13. Rituitslag 1500m Allround Small

		Naam	Cat	PR	Tijd	Info
89	wt	151 Thomas Hoekstra	H70	2:10.04	2:45.19	
	rd	30 Ton van Helden	H75	2:15.37	2:56.80	
		Thomas Hoekstra				Ton van Helden
		300m	35.22 (35.22)	300m	38.39 (38.39)	
		700m	1:16.71 (41.49)	700m	1:24.64 (46.25)	
		1100m	2:00.55 (43.84)	1100m	2:10.58 (45.94)	
		1500m	2:45.19 (44.64)	1500m	2:56.80 (46.22)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
90	gl	109 Michiel Neyt	H40	2:28.97	2:29.93	
	bl	46 Magnar Langvik	H75	2:23.63	2:48.32	
		Michiel Neyt				Magnar Langvik
		300m	31.38 (31.38)	300m	35.82 (35.82)	
		700m	1:08.12 (36.74)	700m	1:17.85 (42.03)	
		1100m	1:47.24 (39.12)	1100m	2:02.44 (44.59)	
		1500m	2:29.93 (42.69)	1500m	2:48.32 (45.88)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
91	wt	108 Erik Dahlén	H55	2:29.83	2:28.02	PR
	rd	85 Anna Van der Stok	D50	2:30.10	2:31.21	
		Erik Dahlén				Anna Van der Stok
		300m	31.97 (31.97)	300m	32.30 (32.30)	
		700m	1:09.28 (37.31)	700m	1:09.82 (37.52)	
		1100m	1:47.94 (38.66)	1100m	1:49.75 (39.93)	
		1500m	2:28.02 (40.08)	1500m	2:31.21 (41.46)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
92	gl	100 Jaap van Kouterik	H70	2:08.00	2:34.06	
	bl	99 René Koning	H60	2:17.65	2:29.17	
		Jaap van Kouterik				René Koning
		300m	32.67 (32.67)	300m	32.74 (32.74)	
		700m	1:10.30 (37.63)	700m	1:10.86 (38.12)	
		1100m	1:50.17 (39.87)	1100m	1:49.94 (39.08)	
		1500m	2:34.06 (43.89)	1500m	2:29.17 (39.23)	

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		Naam	Cat	PR	Tijd	Info
93	wt	5 Jann van Benthem	H65	2:08.98	2:36.29	
	rd	64 Wendy van der Ham	D50	2:22.81	2:26.74	

Jann van Benthem

300m	33.71	(33.71)
700m	1:11.64	(37.93)
1100m	1:51.54	(39.90)
1500m	2:36.29	(44.75)

Wendy van der Ham

300m	30.75	(30.75)
700m	1:07.58	(36.83)
1100m	1:46.81	(39.23)
1500m	2:26.74	(39.93)

		Naam	Cat	PR	Tijd	Info
94	gl	60 Guus Olijerhoek	H55	2:06.50	2:20.82	
	bl	73 Thomas Voswinkel	HSB	2:14.70	2:16.97	

Guus Olijerhoek

300m	31.16	(31.16)
700m	1:05.66	(34.50)
1100m	1:42.28	(36.62)
1500m	2:20.82	(38.54)

Thomas Voswinkel

300m	30.20	(30.20)
700m	1:03.57	(33.37)
1100m	1:39.14	(35.57)
1500m	2:16.97	(37.83)

		Naam	Cat	PR	Tijd	Info
95	wt	47 Martijn van der Horst	H50	2:03.60	2:12.65	
	rd	22 Imke Hüser	DSB	2:08.20	2:12.40	

Martijn van der Horst

300m	28.70	(28.70)
700m	1:01.66	(32.96)
1100m	1:36.36	(34.70)
1500m	2:12.65	(36.29)

Imke Hüser

300m	28.67	(28.67)
700m	1:01.84	(33.17)
1100m	1:36.72	(34.88)
1500m	2:12.40	(35.68)

		Naam	Cat	PR	Tijd	Info
96	gl	78 Stijn Verhagen	H45	2:08.05	2:09.39	
	bl	81 Frans Verhoeve	H55	1:59.82	WDR	

Stijn Verhagen

300m	28.27	(28.27)
700m	1:00.27	(32.00)
1100m	1:33.67	(33.40)
1500m	2:09.39	(35.72)

Frans Verhoeve

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		Naam	Cat	PR	Tijd	Info
97	wt	67 Bastiaan Geurts	HSB	2:01.94	2:13.62	
	rd	50 Chris van der Plaats	H60	2:08.50	2:11.40	

Bastiaan Geurts

300m	28.47	(28.47)
700m	1:02.12	(33.65)
1100m	1:37.40	(35.28)
1500m	2:13.62	(36.22)

Chris van der Plaats

300m	28.69	(28.69)
700m	1:01.47	(32.78)
1100m	1:35.96	(34.49)
1500m	2:11.40	(35.44)

		Naam	Cat	PR	Tijd	Info
98	gl	118 Rene van Bernum	H60	1:56.92	2:03.69	
	bl	49 Daan Spoelstra	H45	2:03.63	2:05.18	

Rene van Bernum

300m	27.12	(27.12)
700m	57.48	(30.36)
1100m	1:29.38	(31.90)
1500m	2:03.69	(34.31)

Daan Spoelstra

300m	27.58	(27.58)
700m	58.59	(31.01)
1100m	1:31.14	(32.55)
1500m	2:05.18	(34.04)



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14. Uitslag 1500m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	157 Nomdo de Heer	HN4	100	I	1:57.36		
2	154 Jonah Zwaan	HB2	100	O	1:58.76	PR	
3	156 Ruben Molenaar	HB2	99	I	2:10.72	PR	
4	155 Valentijn van der Liet	HB1	99	O	2:11.89	PR	

14. Rituitslag 1500m Allround Small - O

		Naam	Cat	PR	Tijd	Info
99	wt	156 Ruben Molenaar	HB2	2:13.50	2:10.72	PR
	rd	155 Valentijn van der Liet	HB1	2:13.10	2:11.89	PR

Ruben Molenaar

300m	28.90	(28.90)
700m	1:02.08	(33.18)
1100m	1:36.29	(34.21)
1500m	2:10.72	(34.43)

Valentijn van der Liet

300m	30.03	(30.03)
700m	1:02.58	(32.55)
1100m	1:36.66	(34.08)
1500m	2:11.89	(35.23)

		Naam	Cat	PR	Tijd	Info
100	gl	157 Nomdo de Heer	HN4	1:54.99	1:57.36	
	bl	154 Jonah Zwaan	HB2	1:59.02	1:58.76	PR

Nomdo de Heer

300m	25.23	(25.23)
700m	53.82	(28.59)
1100m	1:24.40	(30.58)
1500m	1:57.36	(32.96)

Jonah Zwaan

300m	26.69	(26.69)
700m	56.31	(29.62)
1100m	1:27.00	(30.69)
1500m	1:58.76	(31.76)



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15. Uitslag 3000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	98 Michiel Wienese	H45	102	I	4:18.63		
2	103 Willem Voorneveld	H65	101	O	4:57.82		
3	127 Hendrik van de Beek	H60	102	O	5:07.47		
4	129 Twan den Braber	H70	101	I	5:37.37		

15. Rituitslag 3000m Single Distance

		Naam	Cat	PR	Tijd	Info
101	wt	129 Twan den Braber	H70	4:21.38	5:37.37	
	rd	103 Willem Voorneveld	H65		4:57.82	
		Twan den Braber				Willem Voorneveld
		200m	27.52 (27.52)	200m	23.91 (23.91)	
		600m	1:09.14 (41.62)	600m	1:01.71 (37.80)	
		1000m	1:52.23 (43.09)	1000m	1:40.14 (38.43)	
		1400m	2:36.35 (44.12)	1400m	2:19.68 (39.54)	
		1800m	3:21.25 (44.90)	1800m	2:59.31 (39.63)	
		2200m	4:06.83 (45.58)	2200m	3:38.87 (39.56)	
		2600m	4:51.79 (44.96)	2600m	4:18.26 (39.39)	
		3000m	5:37.37 (45.58)	3000m	4:57.82 (39.56)	

		Naam	Cat	PR	Tijd	Info
102	gl	98 Michiel Wienese	H45	4:04.06	4:18.63	
	bl	127 Hendrik van de Beek	H60	4:24.60	5:07.47	
		Michiel Wienese				Hendrik van de Beek
		200m	20.51 (20.51)	200m	25.52 (25.52)	
		600m	52.83 (32.32)	600m	1:03.43 (37.91)	
		1000m	1:25.71 (32.88)	1000m	1:42.87 (39.44)	
		1400m	1:58.74 (33.03)	1400m	2:22.90 (40.03)	
		1800m	2:31.66 (32.92)	1800m	3:03.74 (40.84)	
		2200m	3:05.81 (34.15)	2200m	3:44.58 (40.84)	
		2600m	3:41.57 (35.76)	2600m	4:25.68 (41.10)	
		3000m	4:18.63 (37.06)	3000m	5:07.47 (41.79)	



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16. Uitslag 3000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	131 Joachim van Laar	HB1	104	O	4:16.93		
2	133 Jitte Schuitemaker	DN1	104	I	4:36.68		
3	130 Danique van Rooden	DA1	103	I	4:37.47	PR	
4	137 Maaike Haveman	DB1	103	O	4:56.49		

16. Rituitslag 3000m Single Distance - O

		Naam	Cat	PR	Tijd	Info
103	wt	130 Danique van Rooden	DA1	4:42.15	4:37.47	PR
	rd	137 Maaike Haveman	DB1	4:50.61	4:56.49	
		Danique van Rooden				
		200m	22.43 (22.43)			
		600m	57.35 (34.92)			
		1000m	1:32.40 (35.05)			
		1400m	2:08.15 (35.75)			
		1800m	2:44.97 (36.82)			
		2200m	3:22.18 (37.21)			
		2600m	3:59.82 (37.64)			
		3000m	4:37.47 (37.65)			
		Maaike Haveman				
		200m	22.66 (22.66)			
		600m	58.61 (35.95)			
		1000m	1:36.28 (37.67)			
		1400m	2:15.72 (39.44)			
		1800m	2:56.18 (40.46)			
		2200m	3:36.25 (40.07)			
		2600m	4:16.52 (40.27)			
		3000m	4:56.49 (39.97)			

		Naam	Cat	PR	Tijd	Info
104	gl	133 Jitte Schuitemaker	DN1	4:34.12	4:36.68	
	bl	131 Joachim van Laar	HB1	4:15.76	4:16.93	
		Jitte Schuitemaker				
		200m	21.98 (21.98)			
		600m	54.79 (32.81)			
		1000m	1:29.26 (34.47)			
		1400m	2:05.43 (36.17)			
		1800m	2:42.55 (37.12)			
		2200m	3:20.49 (37.94)			
		2600m	3:58.44 (37.95)			
		3000m	4:36.68 (38.24)			
		Joachim van Laar				
		200m	21.33 (21.33)			
		600m	52.58 (31.25)			
		1000m	1:24.72 (32.14)			
		1400m	1:58.46 (33.74)			
		1800m	2:32.79 (34.33)			
		2200m	3:07.40 (34.61)			
		2600m	3:41.98 (34.58)			
		3000m	4:16.93 (34.95)			



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17. Uitslag 5000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	95 Mijke Anne Kanneworff	D40	108	I	8:34.15	PR	
2	94 Shirley Jaarsma	D40	108	O	8:49.05	PR	
3	146 Marlies de Jong	D60	107	O	8:59.98	PR	
4	148 Mariska van Haaften- van den Bosch	D60	107	I	9:19.15		
5	150 Erik Nijland	H65	105	I	10:17.45		



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17. Rituitslag 5000m Single Distance

	Naam	Cat	PR	Tijd	Info
105	wt rd	150 Erik Nijland	H65	8:32.85	10:17.45
	Erik Nijland				
	200m	31.46 (31.46)			m
	600m	1:18.98 (47.52)			
	1000m	2:06.06 (47.08)			
	1400m	2:54.27 (48.21)			
	1800m	3:42.78 (48.51)			
	2200m	4:31.63 (48.85)			
	2600m	5:22.45 (50.82)			
	3000m	6:12.59 (50.14)			
	3400m	7:02.53 (49.94)			
	3800m	7:51.69 (49.16)			
	4200m	8:40.63 (48.94)			
	4600m	9:29.03 (48.40)			
	5000m	10:17.45 (48.42)			

	Naam	Cat	PR	Tijd	Info
106	gl bl				
					m
					m

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		Naam	Cat	PR	Tijd	Info
107	wt	148 Mariska van Haften- van den Bosch	D60	9:13.89	9:19.15	
	rd	146 Marlies de Jong	D60	9:00.89	8:59.98	PR
		Mariska van Haften- van den Bosch			Marlies de Jong	
		200m	24.86 (24.86)	200m	24.34 (24.34)	
		600m	1:04.41 (39.55)	600m	1:03.12 (38.78)	
		1000m	1:46.10 (41.69)	1000m	1:44.34 (41.22)	
		1400m	2:29.22 (43.12)	1400m	2:26.64 (42.30)	
		1800m	3:13.15 (43.93)	1800m	3:10.54 (43.90)	
		2200m	3:56.88 (43.73)	2200m	3:54.03 (43.49)	
		2600m	4:40.72 (43.84)	2600m	4:37.80 (43.77)	
		3000m	5:24.85 (44.13)	3000m	5:21.64 (43.84)	
		3400m	6:09.15 (44.30)	3400m	6:05.70 (44.06)	
		3800m	6:54.56 (45.41)	3800m	6:49.68 (43.98)	
		4200m	7:40.74 (46.18)	4200m	7:33.21 (43.53)	
		4600m	8:28.96 (48.22)	4600m	8:16.71 (43.50)	
		5000m	9:19.15 (50.19)	5000m	8:59.98 (43.27)	

		Naam	Cat	PR	Tijd	Info
108	gl	95 Mijke Anne Kannevorff	D40	8:42.01	8:34.15	PR
	bl	94 Shirley Jaarsma	D40	9:02.82	8:49.05	PR
		Mijke Anne Kannevorff			Shirley Jaarsma	
		200m	22.05 (22.05)	200m	23.28 (23.28)	
		600m	59.58 (37.53)	600m	1:01.69 (38.41)	
		1000m	1:41.59 (42.01)	1000m	1:42.22 (40.53)	
		1400m	2:24.54 (42.95)	1400m	2:24.20 (41.98)	
		1800m	3:05.86 (41.32)	1800m	3:06.79 (42.59)	
		2200m	3:48.11 (42.25)	2200m	3:49.40 (42.61)	
		2600m	4:30.74 (42.63)	2600m	4:32.16 (42.76)	
		3000m	5:12.91 (42.17)	3000m	5:14.80 (42.64)	
		3400m	5:54.95 (42.04)	3400m	5:57.61 (42.81)	
		3800m	6:35.51 (40.56)	3800m	6:40.42 (42.81)	
		4200m	7:15.23 (39.72)	4200m	7:23.17 (42.75)	
		4600m	7:55.05 (39.82)	4600m	8:06.31 (43.14)	
		5000m	8:34.15 (39.10)	5000m	8:49.05 (42.74)	



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18. Uitslag 5000m Single Distance - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	132 Niels Meijer	HN3	110	O	7:01.20	PR	
2	139 Boaz Buter	HA2	109	I	7:25.85	PR	
3	134 Sylvian Hoogeveen	HN1	109	O	7:27.33	PR	
4	135 Jordi Storm	HN2	110	I	7:46.05		

18. Rituitslag 5000m Single Distance - O

		Naam	Cat	PR	Tijd	Info
109	wt	139 Boaz Buter	HA2	7:41.41	7:25.85	PR
	rd	134 Sylvian Hoogeveen	HN1	7:30.50	7:27.33	PR
		Boaz Buter			Sylvian Hoogeveen	
		200m	21.24 (21.24)		200m	20.36 (20.36)
		600m	55.82 (34.58)		600m	53.67 (33.31)
		1000m	1:29.84 (34.02)		1000m	1:28.36 (34.69)
		1400m	2:04.03 (34.19)		1400m	2:03.41 (35.05)
		1800m	2:38.59 (34.56)		1800m	2:38.55 (35.14)
		2200m	3:13.84 (35.25)		2200m	3:13.91 (35.36)
		2600m	3:49.19 (35.35)		2600m	3:49.86 (35.95)
		3000m	4:25.03 (35.84)		3000m	4:26.03 (36.17)
		3400m	5:01.34 (36.31)		3400m	5:02.80 (36.77)
		3800m	5:37.62 (36.28)		3800m	5:36.51 (33.71)
		4200m	6:14.07 (36.45)		4200m	6:10.63 (34.12)
		4600m	6:50.03 (35.96)		4600m	6:51.06 (40.43)
		5000m	7:25.85 (35.82)		5000m	7:27.33 (36.27)

		Naam	Cat	PR	Tijd	Info
110	gl	135 Jordi Storm	HN2	7:22.09	7:46.05	
	bl	132 Niels Meijer	HN3	7:02.01	7:01.20	PR
		Jordi Storm			Niels Meijer	
		200m	20.86 (20.86)		200m	20.27 (20.27)
		600m	54.36 (33.50)		600m	52.71 (32.44)
		1000m	1:29.10 (34.74)		1000m	1:25.90 (33.19)
		1400m	2:03.85 (34.75)		1400m	1:59.00 (33.10)
		1800m	2:38.69 (34.84)		1800m	2:32.22 (33.22)
		2200m	3:14.20 (35.51)		2200m	3:05.78 (33.56)
		2600m	3:50.21 (36.01)		2600m	3:39.41 (33.63)
		3000m	4:27.93 (37.72)		3000m	4:13.08 (33.67)
		3400m	5:05.88 (37.95)		3400m	4:46.46 (33.38)
		3800m	5:44.72 (38.84)		3800m	5:20.13 (33.67)
		4200m	6:23.57 (38.85)		4200m	5:54.25 (34.12)
		4600m	7:01.20 (37.63)		4600m	6:28.02 (33.77)
		5000m	7:46.05 (44.85)		5000m	7:01.20 (33.18)



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19. Uitslag 10000m Single Distance

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	128 Pieter-Jorn Gemser	H45	116	I	14:28.46	PR	
2	76 Robert Wierds	H50	116	O	14:41.64		
3	52 Joost Hermans	HSB	115	O	15:49.54		
4	33 Johan Boonstra	H55	113	I	16:09.36		
5	84 Richard van den Broek	H55	113	O	16:35.05		
6	32 Ab Nederlof	H70	115	I	16:55.94		
7	74 Frank Steenkamp	H70	114	I	17:08.18		
8	144 Wim Zwanenburg	H65	114	O	19:14.72		
	45 Patrik Gelin	H55				WDR	



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19. Rituitslag 10000m Single Distance

	Naam	Cat	PR	Tijd	Info
111	wt rd 45 Patrik Gelin	H55	16:15.52		WDR
					Patrik Gelin
	m				

	Naam	Cat	PR	Tijd	Info
112	gl bl				
	m			m	

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		Naam	Cat	PR	Tijd	Info
113	wt	33 Johan Boonstra	H55		16:09.36	
	rd	84 Richard van den Broek	H55		16:35.05	
		Johan Boonstra			Richard van den Broek	
		400m	42.14 (42.14)	400m	42.48 (42.48)	
		800m	1:20.43 (38.29)	800m	1:20.99 (38.51)	
		1200m	1:59.17 (38.74)	1200m	2:00.77 (39.78)	
		1600m	2:37.55 (38.38)	1600m	2:40.85 (40.08)	
		2000m	3:15.34 (37.79)	2000m	3:21.11 (40.26)	
		2400m	3:53.63 (38.29)	2400m	4:01.63 (40.52)	
		2800m	4:32.42 (38.79)	2800m	4:41.66 (40.03)	
		3200m	5:11.30 (38.88)	3200m	5:21.27 (39.61)	
		3600m	5:50.45 (39.15)	3600m	6:00.99 (39.72)	
		4000m	6:29.25 (38.80)	4000m	6:40.87 (39.88)	
		4400m	7:07.98 (38.73)	4400m	7:20.57 (39.70)	
		4800m	7:46.71 (38.73)	4800m	7:59.93 (39.36)	
		5200m	8:25.46 (38.75)	5200m	8:39.04 (39.11)	
		5600m	9:03.80 (38.34)	5600m	9:17.76 (38.72)	
		6000m	9:42.75 (38.95)	6000m	9:55.98 (38.22)	
		6400m	10:21.85 (39.10)	6400m	10:34.94 (38.96)	
		6800m	11:00.67 (38.82)	6800m	11:14.93 (39.99)	
		7200m	11:39.60 (38.93)	7200m	11:54.88 (39.95)	
		7600m	12:18.03 (38.43)	7600m	12:34.85 (39.97)	
		8000m	12:56.75 (38.72)	8000m	13:14.83 (39.98)	
		8400m	13:35.47 (38.72)	8400m	13:55.15 (40.32)	
		8800m	14:13.81 (38.34)	8800m	14:35.42 (40.27)	
		9200m	14:52.80 (38.99)	9200m	15:15.70 (40.28)	
		9600m	15:31.51 (38.71)	9600m	15:55.42 (39.72)	
		10000m	16:09.36 (37.85)	10000m	16:35.05 (39.63)	

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		Naam	Cat	PR	Tijd	Info
114	gl	74 Frank Steenkamp	H70	16:37.03	17:08.18	
	bl	144 Wim Zwanenburg	H65	17:31.16	19:14.72	
		Frank Steenkamp			Wim Zwanenburg	
		400m	45.59 (45.59)	400m	49.34 (49.34)	
		800m	1:25.81 (40.22)	800m	1:32.48 (43.14)	
		1200m	2:07.22 (41.41)	1200m	2:15.86 (43.38)	
		1600m	2:48.74 (41.52)	1600m	2:59.75 (43.89)	
		2000m	3:29.74 (41.00)	2000m	3:43.75 (44.00)	
		2400m	4:10.50 (40.76)	2400m	4:28.28 (44.53)	
		2800m	4:51.08 (40.58)	2800m	5:13.01 (44.73)	
		3200m	5:31.66 (40.58)	3200m	5:57.90 (44.89)	
		3600m	6:12.04 (40.38)	3600m	6:42.94 (45.04)	
		4000m	6:52.61 (40.57)	4000m	7:28.13 (45.19)	
		4400m	7:33.58 (40.97)	4400m	8:13.70 (45.57)	
		4800m	8:13.87 (40.29)	4800m	8:57.10 (43.40)	
		5200m	8:54.84 (40.97)	5200m	9:44.44 (47.34)	
		5600m	9:35.58 (40.74)	5600m	10:30.04 (45.60)	
		6000m	10:15.79 (40.21)	6000m	11:16.03 (45.99)	
		6400m	10:56.25 (40.46)	6400m	12:02.77 (46.74)	
		6800m	11:37.03 (40.78)	6800m	12:49.65 (46.88)	
		7200m	12:17.66 (40.63)	7200m	13:36.89 (47.24)	
		7600m	12:58.33 (40.67)	7600m	14:25.00 (48.11)	
		8000m	13:39.44 (41.11)	8000m	15:13.38 (48.38)	
		8400m	14:20.52 (41.08)	8400m	16:01.47 (48.09)	
		8800m	15:01.78 (41.26)	8800m	16:49.29 (47.82)	
		9200m	15:43.50 (41.72)	9200m	17:37.65 (48.36)	
		9600m	16:25.76 (42.26)	9600m	18:26.01 (48.36)	
		10000m	17:08.18 (42.42)	10000m	19:14.72 (48.71)	

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		Naam			Cat	PR	Tijd	Info
115	wt	32	Ab Nederlof		H70	15:27.09	16:55.94	
	rd	52	Joost Hermans		HSB	15:35.04	15:49.54	
		Ab Nederlof			Joost Hermans			
		400m	44.39	(44.39)	400m	40.84	(40.84)	
		800m	1:22.73	(38.34)	800m	1:18.61	(37.77)	
		1200m	2:02.60	(39.87)	1200m	1:55.86	(37.25)	
		1600m	2:40.25	(37.65)	1600m	2:40.73	(44.87)	
		2000m	3:21.31	(41.06)	2000m	3:10.35	(29.62)	
		2400m	4:00.85	(39.54)	2400m	3:48.28	(37.93)	
		2800m	4:40.82	(39.97)	2800m	4:23.66	(35.38)	
		3200m	5:21.36	(40.54)	3200m	5:00.21	(36.55)	
		3600m	6:02.10	(40.74)	3600m	5:36.99	(36.78)	
		4000m	6:42.74	(40.64)	4000m	6:13.70	(36.71)	
		4400m	7:22.84	(40.10)	4400m	6:50.18	(36.48)	
		4800m	8:03.47	(40.63)	4800m	7:26.95	(36.77)	
		5200m	8:44.18	(40.71)	5200m	8:40.63	(73.68)	
		5600m	9:24.43	(40.25)	5600m	9:17.73	(37.10)	
		6000m	10:05.02	(40.59)	6000m	9:55.12	(37.39)	
		6400m	10:45.43	(40.41)	6400m	10:33.14	(38.02)	
		6800m	11:26.04	(40.61)	6800m	11:12.08	(38.94)	
		7200m	12:07.13	(41.09)	7200m	11:38.54	(26.46)	
		7600m	12:48.24	(41.11)	7600m	12:05.01	(26.47)	
		8000m	13:28.73	(40.49)	8000m	12:31.47	(26.46)	
		8400m	14:10.12	(41.39)	8400m	13:02.44	(30.97)	
		8800m	14:51.76	(41.64)	8800m	13:10.98	(8.54)	
		9200m	15:33.23	(41.47)	9200m	14:25.96	(74.98)	
		9600m	16:14.44	(41.21)	9600m	15:10.57	(44.61)	
		10000m	16:55.94	(41.50)	10000m	15:49.54	(38.97)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
116	gl	128 Pieter-Jorn Gemser	H45	14:30.70	14:28.46	PR
	bl	76 Robert Wierts	H50	14:17.87	14:41.64	
		Pieter-Jorn Gemser			Robert Wierts	
		400m	39.44 (39.44)	400m	39.18 (39.18)	
		800m	1:13.38 (33.94)	800m	1:13.15 (33.97)	
		1200m	1:47.18 (33.80)	1200m	1:46.98 (33.83)	
		1600m	2:22.74 (35.56)	1600m	2:13.51 (26.53)	
		2000m	2:54.77 (32.03)	2000m	2:54.60 (41.09)	
		2400m	3:28.50 (33.73)	2400m	3:27.59 (32.99)	
		2800m	4:02.59 (34.09)	2800m	4:02.63 (35.04)	
		3200m	4:36.57 (33.98)	3200m	4:37.16 (34.53)	
		3600m	5:10.87 (34.30)	3600m	5:11.51 (34.35)	
		4000m	5:45.28 (34.41)	4000m	5:46.65 (35.14)	
		4400m	6:19.75 (34.47)	4400m	6:21.16 (34.51)	
		4800m	6:54.19 (34.44)	4800m	6:55.88 (34.72)	
		5200m	7:28.51 (34.32)	5200m	7:31.11 (35.23)	
		5600m	8:02.94 (34.43)	5600m	8:06.74 (35.63)	
		6000m	8:37.64 (34.70)	6000m	8:42.48 (35.74)	
		6400m	9:12.35 (34.71)	6400m	9:18.39 (35.91)	
		6800m	9:47.08 (34.73)	6800m	9:54.29 (35.90)	
		7200m	10:21.93 (34.85)	7200m	10:30.52 (36.23)	
		7600m	10:57.00 (35.07)	7600m	11:06.69 (36.17)	
		8000m	11:32.10 (35.10)	8000m	11:42.75 (36.06)	
		8400m	12:07.27 (35.17)	8400m	12:18.76 (36.01)	
		8800m	12:42.97 (35.70)	8800m	12:54.89 (36.13)	
		9200m	13:18.67 (35.70)	9200m	13:30.60 (35.71)	
		9600m	13:53.72 (35.05)	9600m	14:06.12 (35.52)	
		10000m	14:28.46 (34.74)	10000m	14:41.64 (35.52)	

21. Uitslag 1500m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Vile Männistö	H40	10	O	2:02.41		
2	18 Tjard Kopka	H55	10	I	2:02.52		
3	41 Andrus Kuusk	HSB	9	I	2:04.43		
4	91 René Pfeffer	H45	9	O	2:05.07		
5	82 Doede Wind	H50	8	I	2:07.03		
6	14 John Ivar Kristensen	H50	8	O	2:15.86		
7	125 Imme Kampen	D40	7	I	2:19.05		
8	79 Esther Bouman	DSB	7	O	2:21.43		
9	34 Johan Luttk	H60	5	I	2:24.23		
10	65 Henriëtte Goede	D55	6	I	2:25.66		
11	61 Ivo van Ling	H55	5	O	2:25.86		
12	147 Tsjomme Dijkstra	HSB	6	O	2:26.21		
13	71 Ilse van Ipenburg	DSB	4	I	2:30.73	PR	
14	90 Eskil Andersson	H55	3	I	2:35.87		
15	58 Kevin van Cleef	H40	2	I	2:37.55		
16	87 Andrej Kwadrin	H40	3	O	2:37.65		
17	43 Frank Günther	H60	4	O	2:40.30		
18	17 Trine Landsem	D55	1	I	2:42.75		
19	102 Carolien van Rees	D65	2	O	2:46.68		
20	59 Henriët van Ling	D55	1	O	2:47.32		

21. Rituitslag 1500m Allround Normal

		Naam		Cat		PR	Tijd	Info
1	wt	17	Trine Landsem		D55	2:39.05	2:42.75	
	rd	59	Henriet van Ling		D55	2:47.30	2:47.32	
		<u>Trine Landsem</u>			<u>Henriet van Ling</u>			
		300m	35.50	(35.50)	300m	36.68	(36.68)	
		700m	1:16.46	(40.96)	700m	1:18.51	(41.83)	
		1100m	1:59.38	(42.92)	1100m	2:02.31	(43.80)	
		1500m	2:42.75	(43.37)	1500m	2:47.32	(45.01)	
2	gl	58	Kevin van Cleef		H40	2:30.34	2:37.55	
	bl	102	Carolien van Rees		D65	2:43.07	2:46.68	
		<u>Kevin van Cleef</u>			<u>Carolien van Rees</u>			
		300m	34.90	(34.90)	300m	35.25	(35.25)	
		700m	1:14.00	(39.10)	700m	1:17.28	(42.03)	
		1100m	1:54.91	(40.91)	1100m	2:01.87	(44.59)	
		1500m	2:37.55	(42.64)	1500m	2:46.68	(44.81)	
3	wt	90	Eskil Andersson		H55	2:30.95	2:35.87	
	rd	87	Andrej Kwadrin		H40	2:34.58	2:37.65	
		<u>Eskil Andersson</u>			<u>Andrej Kwadrin</u>			
		300m	34.50	(34.50)	300m	33.23	(33.23)	
		700m	1:14.48	(39.98)	700m	1:12.72	(39.49)	
		1100m	1:55.13	(40.65)	1100m	1:54.61	(41.89)	
		1500m	2:35.87	(40.74)	1500m	2:37.65	(43.04)	
4	gl	71	Ilse van Ipenburg		DSB	2:32.45	2:30.73	PR
	bl	43	Frank Günther		H60	2:30.56	2:40.30	
		<u>Ilse van Ipenburg</u>			<u>Frank Günther</u>			
		300m	32.82	(32.82)	300m	33.10	(33.10)	
		700m	1:09.78	(36.96)	700m	1:12.96	(39.86)	
		1100m	1:49.42	(39.64)	1100m	1:56.00	(43.04)	
		1500m	2:30.73	(41.31)	1500m	2:40.30	(44.30)	

5th Masters International Thialf Record Races

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		Naam		Cat		PR	Tijd	Info
5	wt	34	Johan Luttik		H60	2:22.40	2:24.23	
	rd	61	Ivo van Ling		H55	2:21.21	2:25.86	
		Johan Luttik			Ivo van Ling			
		300m	31.82	(31.82)	300m	33.73	(33.73)	
		700m	1:07.15	(35.33)	700m	1:09.85	(36.12)	
		1100m	1:44.41	(37.26)	1100m	1:47.60	(37.75)	
		1500m	2:24.23	(39.82)	1500m	2:25.86	(38.26)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
6	gl	65	Henriëtte Goede		D55	2:10.43	2:25.66	
	bl	147	Tsjomme Dijkstra		HSB	2:23.34	2:26.21	
		Henriëtte Goede			Tsjomme Dijkstra			
		300m	31.15	(31.15)	300m	32.10	(32.10)	
		700m	1:06.87	(35.72)	700m	1:09.45	(37.35)	
		1100m	1:45.21	(38.34)	1100m	1:47.84	(38.39)	
		1500m	2:25.66	(40.45)	1500m	2:26.21	(38.37)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
7	wt	125	Imme Kampen		D40	2:13.55	2:19.05	
	rd	79	Esther Bouman		DSB	2:16.32	2:21.43	
		Imme Kampen			Esther Bouman			
		300m	30.32	(30.32)	300m	31.38	(31.38)	
		700m	1:04.94	(34.62)	700m	1:06.42	(35.04)	
		1100m	1:41.06	(36.12)	1100m	1:42.77	(36.35)	
		1500m	2:19.05	(37.99)	1500m	2:21.43	(38.66)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
8	gl	82	Doede Wind		H50	2:05.77	2:07.03	
	bl	14	John Ivar Kristensen		H50	2:00.34	2:15.86	
		Doede Wind			John Ivar Kristensen			
		300m	28.72	(28.72)	300m	28.63	(28.63)	
		700m	59.74	(31.02)	700m	1:01.91	(33.28)	
		1100m	1:32.34	(32.60)	1100m	1:37.49	(35.58)	
		1500m	2:07.03	(34.69)	1500m	2:15.86	(38.37)	

5th Masters International Thialf Record Races

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		Naam			Cat	PR	Tijd	Info
9	wt	41	Andrus Kuusk		HSB	2:03.51	2:04.43	
	rd	91	René Pfeffer		H45	2:01.34	2:05.07	
		Andrus Kuusk			René Pfeffer			
		300m	27.39	(27.39)	300m	27.60	(27.60)	
		700m	58.85	(31.46)	700m	59.08	(31.48)	
		1100m	1:31.13	(32.28)	1100m	1:31.32	(32.24)	
		1500m	2:04.43	(33.30)	1500m	2:05.07	(33.75)	
		Naam			Cat	PR	Tijd	Info
10	gl	18	Tjard Kopka		H55	1:58.22	2:02.52	
	bl	24	Ville Männistö		H40	2:01.21	2:02.41	
		Tjard Kopka			Ville Männistö			
		300m	27.50	(27.50)	300m	26.87	(26.87)	
		700m	57.76	(30.26)	700m	56.89	(30.02)	
		1100m	1:29.81	(32.05)	1100m	1:28.98	(32.09)	
		1500m	2:02.52	(32.71)	1500m	2:02.41	(33.43)	

23. Uitslag 1500m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Martin Hänggi	H55	24	I	2:02.52		
2	3 Sybe van Hijum	HSB	24	O	2:04.79		
3	101 Arjan Bakker	H65	23	I	2:06.84		
4	48 Guido Gosselink	H50	23	O	2:12.99		
5	9 Erol Aksoy	H50	22	I	2:15.13		
6	70 Kim Leliveld	DSB	22	O	2:16.81		
7	104 Seppe Lybaert	H40	20	I	2:18.53		
8	53 Kees Langeveld	H65	21	O	2:21.13		
9	19 Mircea Vranceanu	H70	19	I	2:22.84		
10	97 Koen van Egmond	H40	20	O	2:23.25		
11	12 Octavian Moga	H55	19	O	2:25.91		
12	31 Josine Kroon	D40	13	O	2:26.82	PR	
13	16 Marvin Zeisberg	HSB	18	I	2:27.74		
14	149 Olav Langeland	H65	17	I	2:27.97		
15	83 Ciska Stark	D60	18	O	2:28.59		
16	28 Johan van Metting-van Rijn	H65	17	O	2:28.75		
17	113 Kees Verdouw	H80	16	I	2:32.67		
18	51 Erwin Henskes	H65	16	O	2:33.47		
19	120 Harold Spragg	H70	15	O	2:38.72		
20	126 Patty van Hoorn	D50	15	I	2:40.06		
21	7 Daniëlle Frijters	DSB	14	I	2:41.19		
22	88 Hans-Gerd Heyne	H60	14	O	2:41.70		
23	37 Thierry Huberland	H60	13	I	3:01.10		
24	13 Arne Kjell Foldvik	H90	11	I	4:37.23		
	115 Trygve Reitan	H55				WDR	

23. Rituitslag 1500m Allround Big

		Naam	Cat	PR	Tijd	Info
11	wt rd	13 Arne Kjell Foldvik	H90	2:22.31	4:37.23	

Arne Kjell Foldvik

300m	59.50	(59.50)	m
700m	2:12.95	(73.45)	
1100m	3:27.68	(74.73)	
1500m	4:37.23	(69.55)	

		Naam	Cat	PR	Tijd	Info
12	gl bl					

m m

		Naam	Cat	PR	Tijd	Info
13	wt	37 Thierry Huberland	H60	2:48.32	3:01.10	
	rd	31 Josine Kroon	D40	2:28.98	2:26.82	PR

Thierry Huberland

300m	41.16	(41.16)
700m	1:27.56	(46.40)
1100m	2:14.07	(46.51)
1500m	3:01.10	(47.03)

Josine Kroon

300m	32.56	(32.56)
700m	1:10.29	(37.73)
1100m	1:48.60	(38.31)
1500m	2:26.82	(38.22)

		Naam	Cat	PR	Tijd	Info
14	gl	7 Daniëlle Frijters	DSB	2:36.50	2:41.19	
	bl	88 Hans-Gerd Heyne	H60	2:32.99	2:41.70	

Daniëlle Frijters

300m	34.18	(34.18)
700m	1:14.44	(40.26)
1100m	1:57.78	(43.34)
1500m	2:41.19	(43.41)

Hans-Gerd Heyne

300m	36.49	(36.49)
700m	1:19.05	(42.56)
1100m	2:01.17	(42.12)
1500m	2:41.70	(40.53)

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		Naam	Cat	PR	Tijd	Info
15	wt	126 Patty van Hoorn	D50	2:35.79	2:40.06	
	rd	120 Harold Spragg	H70	2:07.53	2:38.72	
		Patty van Hoorn				Harold Spragg
		300m 35.12 (35.12)		300m 34.25 (34.25)		
		700m 1:14.40 (39.28)		700m 1:13.07 (38.82)		
		1100m 1:56.23 (41.83)		1100m 1:54.43 (41.36)		
		1500m 2:40.06 (43.83)		1500m 2:38.72 (44.29)		
		Naam	Cat	PR	Tijd	Info
16	gl	113 Kees Verdouw	H80	2:04.95	2:32.67	
	bl	51 Erwin Henskes	H65	2:17.61	2:33.47	
		Kees Verdouw				Erwin Henskes
		300m 34.32 (34.32)		300m 34.73 (34.73)		
		700m 1:11.82 (37.50)		700m 1:12.95 (38.22)		
		1100m 1:51.29 (39.47)		1100m 1:53.17 (40.22)		
		1500m 2:32.67 (41.38)		1500m 2:33.47 (40.30)		
		Naam	Cat	PR	Tijd	Info
17	wt	149 Olav Langeland	H65	2:13.68	2:27.97	
	rd	28 Johan van Metting-van Rijn	H65	2:09.58	2:28.75	
		Olav Langeland				Johan van Metting-van Rijn
		300m 32.94 (32.94)		300m 33.14 (33.14)		
		700m 1:10.41 (37.47)		700m 1:10.48 (37.34)		
		1100m 1:49.11 (38.70)		1100m 1:49.41 (38.93)		
		1500m 2:27.97 (38.86)		1500m 2:28.75 (39.34)		
		Naam	Cat	PR	Tijd	Info
18	gl	16 Marvin Zeisberg	HSB	2:21.34	2:27.74	
	bl	83 Ciska Stark	D60	2:23.28	2:28.59	
		Marvin Zeisberg				Ciska Stark
		300m 31.42 (31.42)		300m 32.28 (32.28)		
		700m 1:08.05 (36.63)		700m 1:09.33 (37.05)		
		1100m 1:46.93 (38.88)		1100m 1:48.65 (39.32)		
		1500m 2:27.74 (40.81)		1500m 2:28.59 (39.94)		

5th Masters International Thialf Record Races

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		Naam			Cat	PR	Tijd	Info
19	wt	19	Mircea Vranceanu		H70	2:04.09	2:22.84	
	rd	12	Octavian Moga		H55	2:13.84	2:25.91	
		Mircea Vranceanu			Octavian Moga			
		300m	31.42	(31.42)	300m	32.18	(32.18)	
		700m	1:06.78	(35.36)	700m	1:08.42	(36.24)	
		1100m	1:44.07	(37.29)	1100m	1:46.54	(38.12)	
		1500m	2:22.84	(38.77)	1500m	2:25.91	(39.37)	
		Naam			Cat	PR	Tijd	Info
20	gl	104	Seppe Lybaert		H40	2:11.07	2:18.53	
	bl	97	Koen van Egmond		H40	2:20.27	2:23.25	
		Seppe Lybaert			Koen van Egmond			
		300m	30.92	(30.92)	300m	31.36	(31.36)	
		700m	1:06.23	(35.31)	700m	1:07.73	(36.37)	
		1100m	1:41.99	(35.76)	1100m	1:45.41	(37.68)	
		1500m	2:18.53	(36.54)	1500m	2:23.25	(37.84)	
		Naam			Cat	PR	Tijd	Info
21	wt	115	Trygve Reitan		H55	2:16.58	WDR	
	rd	53	Kees Langeveld		H65	2:08.83	2:21.13	
		Trygve Reitan			Kees Langeveld			
		300m			300m	32.05	(32.05)	
		700m			700m	1:07.93	(35.88)	
		1100m			1100m	1:44.27	(36.34)	
		1500m			1500m	2:21.13	(36.86)	
		Naam			Cat	PR	Tijd	Info
22	gl	9	Erol Aksoy		H50	2:09.76	2:15.13	
	bl	70	Kim Leliveld		DSB	2:15.67	2:16.81	
		Erol Aksoy			Kim Leliveld			
		300m	28.25	(28.25)	300m	30.21	(30.21)	
		700m	1:00.73	(32.48)	700m	1:03.99	(33.78)	
		1100m	1:36.77	(36.04)	1100m	1:39.50	(35.51)	
		1500m	2:15.13	(38.36)	1500m	2:16.81	(37.31)	



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		Naam			Cat	PR	Tijd	Info
23	wt	101	Arjan Bakker			H65	1:58.50	2:06.84
	rd	48	Guido Gosselink			H50	2:09.22	2:12.99
		Arjan Bakker			Guido Gosselink			
		300m	28.60	(28.60)	300m	30.53	(30.53)	
		700m	1:00.37	(31.77)	700m	1:03.84	(33.31)	
		1100m	1:32.97	(32.60)	1100m	1:37.94	(34.10)	
		1500m	2:06.84	(33.87)	1500m	2:12.99	(35.05)	
<hr/>								
		Naam			Cat	PR	Tijd	Info
24	gl	119	Martin Hänggi			H55	1:52.16	2:02.52
	bl	3	Sybe van Hijum			HSB	2:03.25	2:04.79
		Martin Hänggi			Sybe van Hijum			
		300m	27.80	(27.80)	300m	27.92	(27.92)	
		700m	58.54	(30.74)	700m	58.61	(30.69)	
		1100m	1:29.98	(31.44)	1100m	1:31.11	(32.50)	
		1500m	2:02.52	(32.54)	1500m	2:04.79	(33.68)	

24. Uitslag 500m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	23 Filip-Mihail Woicik	H40	38	I	39.09		
2	38 Bart Seffinga	H40	38	O	39.24		
3	153 Katja Franzen	DSB	37	O	39.92		
4	35 Mark Reiling	H40	37	I	40.95		
5	86 Sylvain Langlois	H50	36	O	41.32		
6	44 Richard Normand	H60	35	I	42.05		
7	123 Hans Arne Frodal	HSA	34	I	42.06		
8	75 Marloes Westerhof	D40	34	O	42.31		
9	117 Ahti Oks	H50	36	I	42.61		
10	1 Gijs van Cappelle	HSB	35	O	43.26		
11	105 Andreas Lobes	H50	33	I	43.49		
12	11 Erik Jeurig	H45	33	O	43.66		
13	69 Claudia Henckel	DSB	32	O	44.12		
14	77 Piet Siemonsma	H70	32	I	45.09		
15	2 Monique Visser	DSB	31	O	45.58		
16	107 Klaas Luijten	H55	25	I	45.97		
17	36 Carolien Mulder	DSB	31	I	47.28		
18	122 Hans-Peter Ambass	H65	30	I	48.25		
19	54 Kees Bollaart	H60	28	O	48.33		
20	55 Anja Bollaart	D55	30	O	48.77		
21	56 Erik Buitenhuis	H60	29	O	48.97		
22	111 Astrid Janssen	D60	28	I	50.94		
23	63 Karin Terhürne	D55	29	I	51.06		
24	72 Johan Smit	H65	27	O	51.55		
25	80 Jorien Oosterwijk	D55	26	O	51.65		
26	42 Klas Berlic Fras	H50	27	I	55.72		
27	143 Lou Hoogewerf	H70	25	O	56.90		
28	140 Bram de Vries	H80	26	I	57.75		

24. Rituitslag 500m Sprint

		Naam		Cat		PR	Tijd	Info
25	wt	107	Klaas Luijten		H55	45.91	45.97	
	rd	143	Lou Hoogewerf		H70	46.75	56.90	
			Klaas Luijten				Lou Hoogewerf	
			100m	13.01	(13.01)	100m	14.43	(14.43)
			500m	45.97	(32.96)	500m	56.90	(42.47)

		Naam		Cat		PR	Tijd	Info
26	gl	140	Bram de Vries		H80	44.64	57.75	
	bl	80	Jorien Oosterwijk		D55	45.91	51.65	
			Bram de Vries				Jorien Oosterwijk	
			100m	15.55	(15.55)	100m	13.84	(13.84)
			500m	57.75	(42.20)	500m	51.65	(37.81)

		Naam		Cat		PR	Tijd	Info
27	wt	42	Klas Berlic Fras		H50	54.50	55.72	
	rd	72	Johan Smit		H65	47.45	51.55	
			Klas Berlic Fras				Johan Smit	
			100m	14.69	(14.69)	100m	13.83	(13.83)
			500m	55.72	(41.03)	500m	51.55	(37.72)

		Naam		Cat		PR	Tijd	Info
28	gl	111	Astrid Janssen		D60	46.77	50.94	
	bl	54	Kees Bollaart		H60	43.55	48.33	
			Astrid Janssen				Kees Bollaart	
			100m	13.78	(13.78)	100m	13.34	(13.34)
			500m	50.94	(37.16)	500m	48.33	(34.99)

		Naam		Cat		PR	Tijd	Info
29	wt	63	Karin Terhürne		D55	46.30	51.06	
	rd	56	Erik Buitenhuis		H60	44.25	48.97	
			Karin Terhürne				Erik Buitenhuis	
			100m	13.90	(13.90)	100m	13.12	(13.12)
			500m	51.06	(37.16)	500m	48.97	(35.85)

5th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd	Info
30	gl	122 Hans-Peter Ambass	H65	42.87	48.25	
	bl	55 Anja Bollaart	D55	41.31	48.77	
		Hans-Peter Ambass				Anja Bollaart
		100m 12.69 (12.69)		100m 13.42 (13.42)		
		500m 48.25 (35.56)		500m 48.77 (35.35)		
		Naam	Cat	PR	Tijd	Info
31	wt	36 Carolien Mulder	DSB	44.65	47.28	
	rd	2 Monique Visser	DSB	45.56	45.58	
		Carolien Mulder				Monique Visser
		100m 12.84 (12.84)		100m 12.53 (12.53)		
		500m 47.28 (34.44)		500m 45.58 (33.05)		
		Naam	Cat	PR	Tijd	Info
32	gl	77 Piet Siemonsma	H70	42.05	45.09	
	bl	69 Claudia Henckel	DSB	42.19	44.12	
		Piet Siemonsma				Claudia Henckel
		100m 12.59 (12.59)		100m 11.84 (11.84)		
		500m 45.09 (32.50)		500m 44.12 (32.28)		
		Naam	Cat	PR	Tijd	Info
33	wt	105 Andreas Lobes	H50	43.47	43.49	
	rd	11 Erik Jeuring	H45	41.78	43.66	
		Andreas Lobes				Erik Jeuring
		100m 12.25 (12.25)		100m 11.70 (11.70)		
		500m 43.49 (31.24)		500m 43.66 (31.96)		
		Naam	Cat	PR	Tijd	Info
34	gl	123 Hans Arne Frodal	HSA	40.60	42.06	
	bl	75 Marloes Westerhof	D40	41.87	42.31	
		Hans Arne Frodal				Marloes Westerhof
		100m 11.43 (11.43)		100m 11.57 (11.57)		
		500m 42.06 (30.63)		500m 42.31 (30.74)		

5th Masters International Thialf Record Races

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		Naam			Cat	PR	Tijd	Info
35	wt	44	Richard Normand		H60	41.46	42.05	
	rd	1	Gijs van Cappelle		HSB	41.27	43.26	
		Richard Normand			Gijs van Cappelle			
		100m	11.42	(11.42)	100m	11.32	(11.32)	
		500m	42.05	(30.63)	500m	43.26	(31.94)	

		Naam			Cat	PR	Tijd	Info
36	gl	117	Ahti Oks		H50	41.94	42.61	
	bl	86	Sylvain Langlois		H50	39.37	41.32	
		Ahti Oks			Sylvain Langlois			
		100m	11.31	(11.31)	100m	11.42	(11.42)	
		500m	42.61	(31.30)	500m	41.32	(29.90)	

		Naam			Cat	PR	Tijd	Info
37	wt	35	Mark Reiling		H40	39.26	40.95	
	rd	153	Katja Franzen		DSB	38.76	39.92	
		Mark Reiling			Katja Franzen			
		100m	11.21	(11.21)	100m	11.17	(11.17)	
		500m	40.95	(29.74)	500m	39.92	(28.75)	

		Naam			Cat	PR	Tijd	Info
38	gl	23	Filip-Mihail Woicik		H40	38.52	39.09	
	bl	38	Bart Seffinga		H40	37.10	39.24	
		Filip-Mihail Woicik			Bart Seffinga			
		100m	10.62	(10.62)	100m	10.91	(10.91)	
		500m	39.09	(28.47)	500m	39.24	(28.33)	



5th Masters International Thialf Record Races

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26. Uitslag 5000m Allround Normal

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18 Tjard Kopka	H55	48	I	7:17.64		
2	41 Andrus Kuusk	HSB	47	I	7:22.81	PR	
3	91 René Pfeffer	H45	47	O	7:41.68		
4	24 Ville Männistö	H40	48	O	7:44.06		
5	82 Doede Wind	H50	46	I	7:55.69	PR	
6	14 John Ivar Kristensen	H50	46	O	8:16.32		
7	125 Imme Kampen	D40	45	I	8:27.97		
8	147 Tsjomme Dijkstra	HSB	44	O	8:30.06	PR	
9	79 Esther Bouman	DSB	45	O	8:35.28		
10	61 Ivo van Ling	H55	43	O	8:39.73	PR	
11	65 Henriëtte Goede	D55	44	I	8:47.65		
12	90 Eskil Andersson	H55	41	I	8:48.82	PR	
13	34 Johan Luttk	H60	43	I	9:00.38		
14	43 Frank Günther	H60	42	O	9:30.94		
	58 Kevin van Cleef	H40	40	I	9:30.94		
16	87 Andrej Kwadrin	H40	41	O	9:36.22	PR	
17	102 Carolien van Rees	D65	40	O	9:50.23	PR	
18	17 Trine Landsem	D55	39	I	9:50.46		
19	71 Ilse van Ipenburg	DSB	42	I	10:00.83	FL	
20	59 Henriët van Ling	D55	39	O	10:07.57		

26. Rituitslag 5000m Allround Normal

		Naam	Cat	PR	Tijd	Info
39	wt	17 Trine Landsem	D55	9:41.72	9:50.46	
	rd	59 Henriet van Ling	D55		10:07.57	
		Trine Landsem				Henriet van Ling
		200m	27.55 (27.55)	200m	29.67 (29.67)	
		600m	1:11.86 (44.31)	600m	1:16.67 (47.00)	
		1000m	1:56.93 (45.07)	1000m	2:04.48 (47.81)	
		1400m	2:42.94 (46.01)	1400m	2:52.44 (47.96)	
		1800m	3:29.71 (46.77)	1800m	3:40.25 (47.81)	
		2200m	4:16.62 (46.91)	2200m	4:28.40 (48.15)	
		2600m	5:03.88 (47.26)	2600m	5:16.69 (48.29)	
		3000m	5:51.58 (47.70)	3000m	6:04.90 (48.21)	
		3400m	6:39.81 (48.23)	3400m	6:53.02 (48.12)	
		3800m	7:28.28 (48.47)	3800m	7:41.34 (48.32)	
		4200m	8:15.99 (47.71)	4200m	8:30.10 (48.76)	
		4600m	9:03.48 (47.49)	4600m	9:18.91 (48.81)	
		5000m	9:50.46 (46.98)	5000m	10:07.57 (48.66)	

		Naam	Cat	PR	Tijd	Info
40	gl	58 Kevin van Cleef	H40	9:16.57	9:30.94	
	bl	102 Carolien van Rees	D65	10:53.98	9:50.23	PR
		Kevin van Cleef				Carolien van Rees
		200m	27.64 (27.64)	200m	27.61 (27.61)	
		600m	1:09.55 (41.91)	600m	1:12.33 (44.72)	
		1000m	1:52.20 (42.65)	1000m	1:59.51 (47.18)	
		1400m	2:36.16 (43.96)	1400m	2:47.18 (47.67)	
		1800m	3:20.20 (44.04)	1800m	3:34.51 (47.33)	
		2200m	4:04.74 (44.54)	2200m	4:22.40 (47.89)	
		2600m	4:50.54 (45.80)	2600m	5:09.51 (47.11)	
		3000m	5:36.40 (45.86)	3000m	5:56.80 (47.29)	
		3400m	6:22.86 (46.46)	3400m	6:43.88 (47.08)	
		3800m	7:09.39 (46.53)	3800m	7:31.20 (47.32)	
		4200m	7:55.80 (46.41)	4200m	8:18.90 (47.70)	
		4600m	8:43.39 (47.59)	4600m	9:05.59 (46.69)	
		5000m	9:30.94 (47.55)	5000m	9:50.23 (44.64)	

5th Masters International Thialf Record Races

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		Naam			Cat	PR	Tijd	Info
41	wt	90	Eskil Andersson		H55	8:49.62	8:48.82	PR
	rd	87	Andrej Kwadrin		H40	9:55.55	9:36.22	PR
		Eskil Andersson			Andrej Kwadrin			
		200m	26.28	(26.28)	200m	25.41	(25.41)	
		600m	1:06.82	(40.54)	600m	1:06.95	(41.54)	
		1000m	1:47.48	(40.66)	1000m	1:49.77	(42.82)	
		1400m	2:29.04	(41.56)	1400m	2:32.74	(42.97)	
		1800m	3:11.45	(42.41)	1800m	3:16.12	(43.38)	
		2200m	3:53.28	(41.83)	2200m	4:00.54	(44.42)	
		2600m	4:34.71	(41.43)	2600m	4:49.05	(48.51)	
		3000m	5:16.27	(41.56)	3000m	5:33.52	(44.47)	
		3400m	5:58.21	(41.94)	3400m	6:22.06	(48.54)	
		3800m	6:40.86	(42.65)	3800m	7:11.31	(49.25)	
		4200m	7:23.65	(42.79)	4200m	8:02.32	(51.01)	
		4600m	8:06.20	(42.55)	4600m	8:50.17	(47.85)	
		5000m	8:48.82	(42.62)	5000m	9:36.22	(46.05)	

		Naam			Cat	PR	Tijd	Info
42	gl	71	Ilse van Ipenburg		DSB	9:23.46	10:00.83	FL
	bl	43	Frank Günther		H60	9:03.74	9:30.94	
		Ilse van Ipenburg			Frank Günther			
		200m	43.77	(43.77)	200m	25.93	(25.93)	
		600m	1:29.54	(45.77)	600m	1:08.52	(42.59)	
		1000m	2:13.00	(43.46)	1000m	1:53.34	(44.82)	
		1400m	3:26.03	(73.03)	1400m	2:39.92	(46.58)	
		1800m	4:26.00	(59.97)	1800m	3:33.03	(53.11)	
		2200m	5:17.11	(51.11)	2200m	4:11.57	(38.54)	
		2600m	6:20.60	(63.49)	2600m	4:57.33	(45.76)	
		3000m	7:40.84	(80.24)	3000m	5:42.41	(45.08)	
		3400m	8:29.29	(48.45)	3400m	7:13.32	(90.91)	
		3800m	8:52.17	(22.88)	3800m	7:45.94	(32.62)	
		4200m	9:15.06	(22.89)	4200m	7:59.81	(13.87)	
		4600m	9:37.94	(22.88)	4600m	8:45.38	(45.57)	
		5000m	10:00.83	(22.89)	5000m	9:30.94	(45.56)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat		PR	Tijd	Info
43	wt	34 Johan Luttik	H60		8:54.56	9:00.38	
	rd	61 Ivo van Ling	H55		8:59.73	8:39.73	PR
		Johan Luttik			Ivo van Ling		
		200m	25.54	(25.54)	200m	26.19	(26.19)
		600m	1:06.44	(40.90)	600m	1:04.53	(38.34)
		1000m	1:48.05	(41.61)	1000m	1:43.61	(39.08)
		1400m	2:30.16	(42.11)	1400m	2:24.71	(41.10)
		1800m	3:12.10	(41.94)	1800m	3:06.74	(42.03)
		2200m	3:54.98	(42.88)	2200m	3:48.86	(42.12)
		2600m	4:38.50	(43.52)	2600m	4:30.67	(41.81)
		3000m	5:21.85	(43.35)	3000m	5:12.39	(41.72)
		3400m	6:05.48	(43.63)	3400m	5:53.67	(41.28)
		3800m	6:49.24	(43.76)	3800m	6:35.18	(41.51)
		4200m	7:33.51	(44.27)	4200m	7:16.88	(41.70)
		4600m	8:17.63	(44.12)	4600m	7:58.64	(41.76)
		5000m	9:00.38	(42.75)	5000m	8:39.73	(41.09)

		Naam	Cat		PR	Tijd	Info
44	gl	65 Henriëtte Goede	D55		8:16.96	8:47.65	
	bl	147 Tsjomme Dijkstra	HSB		8:46.88	8:30.06	PR
		Henriëtte Goede			Tsjomme Dijkstra		
		200m	25.11	(25.11)	200m	25.16	(25.16)
		600m	1:06.13	(41.02)	600m	1:05.50	(40.34)
		1000m	1:47.68	(41.55)	1000m	1:46.31	(40.81)
		1400m	2:29.57	(41.89)	1400m	2:28.17	(41.86)
		1800m	3:11.79	(42.22)	1800m	3:09.24	(41.07)
		2200m	3:53.45	(41.66)	2200m	3:50.16	(40.92)
		2600m	4:35.58	(42.13)	2600m	4:30.81	(40.65)
		3000m	5:17.79	(42.21)	3000m	5:11.45	(40.64)
		3400m	6:00.00	(42.21)	3400m	5:51.64	(40.19)
		3800m	6:41.96	(41.96)	3800m	6:31.66	(40.02)
		4200m	7:23.95	(41.99)	4200m	7:11.31	(39.65)
		4600m	8:05.74	(41.79)	4600m	7:51.07	(39.76)
		5000m	8:47.65	(41.91)	5000m	8:30.06	(38.99)

		Naam	Cat	PR	Tijd	Info
45	wt	125 Imme Kampen	D40	7:55.54	8:27.97	
	rd	79 Esther Bouman	DSB	8:23.52	8:35.28	
		Imme Kampen				Esther Bouman
		200m	23.33 (23.33)	200m	24.41 (24.41)	
		600m	1:00.18 (36.85)	600m	1:03.26 (38.85)	
		1000m	1:38.51 (38.33)	1000m	1:43.57 (40.31)	
		1400m	2:17.45 (38.94)	1400m	2:24.86 (41.29)	
		1800m	2:57.23 (39.78)	1800m	3:06.35 (41.49)	
		2200m	3:37.31 (40.08)	2200m	3:47.74 (41.39)	
		2600m	4:17.91 (40.60)	2600m	4:29.11 (41.37)	
		3000m	4:59.06 (41.15)	3000m	5:10.48 (41.37)	
		3400m	5:40.94 (41.88)	3400m	5:51.77 (41.29)	
		3800m	6:22.14 (41.20)	3800m	6:32.74 (40.97)	
		4200m	7:03.52 (41.38)	4200m	7:13.86 (41.12)	
		4600m	7:45.33 (41.81)	4600m	7:54.53 (40.67)	
		5000m	8:27.97 (42.64)	5000m	8:35.28 (40.75)	

		Naam	Cat	PR	Tijd	Info
46	gl	82 Doede Wind	H50	8:08.25	7:55.69	PR
	bl	14 John Ivar Kristensen	H50	7:32.13	8:16.32	
		Doede Wind				John Ivar Kristensen
		200m	22.63 (22.63)	200m	24.14 (24.14)	
		600m	58.45 (35.82)	600m	1:03.64 (39.50)	
		1000m	1:35.81 (37.36)	1000m	1:43.32 (39.68)	
		1400m	2:13.90 (38.09)	1400m	2:22.44 (39.12)	
		1800m	2:52.12 (38.22)	1800m	3:01.80 (39.36)	
		2200m	3:30.24 (38.12)	2200m	3:41.03 (39.23)	
		2600m	4:07.24 (37.00)	2600m	4:20.13 (39.10)	
		3000m	4:44.30 (37.06)	3000m	4:59.41 (39.28)	
		3400m	5:22.12 (37.82)	3400m	5:38.69 (39.28)	
		3800m	6:00.37 (38.25)	3800m	6:18.11 (39.42)	
		4200m	6:38.79 (38.42)	4200m	6:57.60 (39.49)	
		4600m	7:17.04 (38.25)	4600m	7:37.13 (39.53)	
		5000m	7:55.69 (38.65)	5000m	8:16.32 (39.19)	

5th Masters International Thialf Record Races

Thialf - Heerenveen

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		Naam	Cat		PR	Tijd	Info
47	wt	41 Andrus Kuusk	HSB		7:23.89	7:22.81	PR
	rd	91 René Pfeffer	H45		7:23.15	7:41.68	
		Andrus Kuusk			René Pfeffer		
		200m	20.75	(20.75)	200m	22.16	(22.16)
		600m	55.55	(34.80)	600m	57.77	(35.61)
		1000m	1:30.38	(34.83)	1000m	1:33.90	(36.13)
		1400m	2:05.07	(34.69)	1400m	2:10.32	(36.42)
		1800m	2:39.91	(34.84)	1800m	2:46.58	(36.26)
		2200m	3:15.14	(35.23)	2200m	3:22.84	(36.26)
		2600m	3:50.06	(34.92)	2600m	3:59.18	(36.34)
		3000m	4:25.32	(35.26)	3000m	4:35.37	(36.19)
		3400m	5:00.68	(35.36)	3400m	5:11.92	(36.55)
		3800m	5:36.06	(35.38)	3800m	5:48.72	(36.80)
		4200m	6:11.56	(35.50)	4200m	6:26.14	(37.42)
		4600m	6:47.17	(35.61)	4600m	7:03.83	(37.69)
		5000m	7:22.81	(35.64)	5000m	7:41.68	(37.85)

		Naam	Cat		PR	Tijd	Info
48	gl	18 Tjard Kopka	H55		7:06.05	7:17.64	
	bl	24 Ville Männistö	H40		7:36.96	7:44.06	
		Tjard Kopka			Ville Männistö		
		200m	21.61	(21.61)	200m	22.32	(22.32)
		600m	55.11	(33.50)	600m	57.90	(35.58)
		1000m	1:29.47	(34.36)	1000m	1:34.48	(36.58)
		1400m	2:04.12	(34.65)	1400m	2:09.71	(35.23)
		1800m	2:39.02	(34.90)	1800m	2:45.44	(35.73)
		2200m	3:13.95	(34.93)	2200m	3:22.07	(36.63)
		2600m	3:48.88	(34.93)	2600m	3:58.25	(36.18)
		3000m	4:23.70	(34.82)	3000m	4:34.43	(36.18)
		3400m	4:58.47	(34.77)	3400m	5:11.68	(37.25)
		3800m	5:33.21	(34.74)	3800m	5:49.17	(37.49)
		4200m	6:08.04	(34.83)	4200m	6:27.08	(37.91)
		4600m	6:42.99	(34.95)	4600m	7:05.36	(38.28)
		5000m	7:17.64	(34.65)	5000m	7:44.06	(38.70)

28. Uitslag 1000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	118 Rene van Bernum	H60	58	I	1:20.78		
2	49 Daan Spoelstra	H45	58	O	1:23.03		
3	67 Bastiaan Geurts	HSB	57	O	1:23.79		
4	78 Stijn Verhagen	H45	56	I	1:24.97	PR	
5	50 Chris van der Plaats	H60	57	I	1:25.03	PR	
6	47 Martijn van der Horst	H50	56	O	1:25.45		
7	22 Imke Hüser	DSB	55	I	1:27.89		
8	73 Thomas Voswinkel	HSB	55	O	1:29.46		
9	60 Guus Olijerhoek	H55	54	I	1:30.68		
10	64 Wendy van der Ham	D50	54	O	1:34.50		
11	108 Erik Dahlén	H55	52	I	1:34.71	PR	
12	109 Michiel Neyt	H40	53	I	1:35.03		
13	5 Jann van Benthem	H65	51	O	1:36.16		
14	85 Anna Van der Stok	D50	53	O	1:37.06	PR	
15	99 René Koning	H60	52	O	1:37.72		
16	100 Jaap van Kouterik	H70	51	I	1:38.05		
17	46 Magnar Langvik	H75	50	I	1:45.32		
18	151 Thomas Hoekstra	H70	50	O	1:49.19		
19	30 Ton van Helden	H75	49	I	1:56.84		

28. Rituitslag 1000m Allround Small

		Naam	Cat	PR	Tijd	Info
49	wt rd	30 Ton van Helden	H75	1:31.44	1:56.84	

Ton van Helden

200m	26.56	(26.56)	m
600m	1:11.55	(44.99)	
1000m	1:56.84	(45.29)	

		Naam	Cat	PR	Tijd	Info
50	gl	46 Magnar Langvik	H75	1:33.85	1:45.32	
	bl	151 Thomas Hoekstra	H70	1:29.77	1:49.19	

Magnar Langvik

200m	24.90	(24.90)
600m	1:03.92	(39.02)
1000m	1:45.32	(41.40)

Thomas Hoekstra

200m	25.90	(25.90)
600m	1:06.32	(40.42)
1000m	1:49.19	(42.87)

		Naam	Cat	PR	Tijd	Info
51	wt	100 Jaap van Kouterik	H70	1:32.93	1:38.05	
	rd	5 Jann van Benthem	H65	1:25.26	1:36.16	

Jaap van Kouterik

200m	23.33	(23.33)
600m	59.50	(36.17)
1000m	1:38.05	(38.55)

Jann van Benthem

200m	23.29	(23.29)
600m	58.95	(35.66)
1000m	1:36.16	(37.21)

		Naam	Cat	PR	Tijd	Info
52	gl	108 Erik Dahlén	H55	1:37.56	1:34.71	PR
	bl	99 René Koning	H60	1:26.61	1:37.72	

Erik Dahlén

200m	22.52	(22.52)
600m	57.68	(35.16)
1000m	1:34.71	(37.03)

René Koning

200m	22.63	(22.63)
600m	59.14	(36.51)
1000m	1:37.72	(38.58)

5th Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
53	wt	109 Michiel Neyt	H40	1:32.99	1:35.03	
	rd	85 Anna Van der Stok	D50	1:37.14	1:37.06	PR
		Michiel Neyt			Anna Van der Stok	
		200m	21.52 (21.52)	200m	22.82 (22.82)	
		600m	56.97 (35.45)	600m	58.99 (36.17)	
		1000m	1:35.03 (38.06)	1000m	1:37.06 (38.07)	

		Naam	Cat	PR	Tijd	Info
54	gl	60 Guus Olijerhoek	H55	1:25.39	1:30.68	
	bl	64 Wendy van der Ham	D50	1:33.93	1:34.50	
		Guus Olijerhoek			Wendy van der Ham	
		200m	22.39 (22.39)	200m	21.96 (21.96)	
		600m	55.80 (33.41)	600m	56.86 (34.90)	
		1000m	1:30.68 (34.88)	1000m	1:34.50 (37.64)	

		Naam	Cat	PR	Tijd	Info
55	wt	22 Imke Hüser	DSB	1:23.97	1:27.89	
	rd	73 Thomas Voswinkel	HSB	1:29.03	1:29.46	
		Imke Hüser			Thomas Voswinkel	
		200m	20.73 (20.73)	200m	22.25 (22.25)	
		600m	53.31 (32.58)	600m	55.11 (32.86)	
		1000m	1:27.89 (34.58)	1000m	1:29.46 (34.35)	

		Naam	Cat	PR	Tijd	Info
56	gl	78 Stijn Verhagen	H45	1:26.04	1:24.97	PR
	bl	47 Martijn van der Horst	H50	1:22.85	1:25.45	
		Stijn Verhagen			Martijn van der Horst	
		200m	20.33 (20.33)	200m	20.73 (20.73)	
		600m	51.92 (31.59)	600m	52.12 (31.39)	
		1000m	1:24.97 (33.05)	1000m	1:25.45 (33.33)	

5th Masters International Thialf Record Races

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		Naam		Cat		PR	Tijd	Info
57	wt	50	Chris van der Plaats		H60		1:25.11	1:25.03 PR
	rd	67	Bastiaan Geurts		HSB		1:21.74	1:23.79
		Chris van der Plaats			Bastiaan Geurts			
		200m	20.38	(20.38)	200m	19.76	(19.76)	
		600m	51.51	(31.13)	600m	50.99	(31.23)	
		1000m	1:25.03	(33.52)	1000m	1:23.79	(32.80)	

		Naam		Cat		PR	Tijd	Info
58	gl	118	Rene van Bernum		H60		1:15.80	1:20.78
	bl	49	Daan Spoelstra		H45		1:22.15	1:23.03
		Rene van Bernum			Daan Spoelstra			
		200m	19.23	(19.23)	200m	20.14	(20.14)	
		600m	49.06	(29.83)	600m	50.78	(30.64)	
		1000m	1:20.78	(31.72)	1000m	1:23.03	(32.25)	



5th Masters International Thialf Record Races

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29. Uitslag 1000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	157 Nomdo de Heer	HN4	60	I	1:15.38		
2	154 Jonah Zwaan	HB2	60	O	1:18.62	PR	
3	156 Ruben Molenaar	HB2	59	I	1:24.52	PR	
4	155 Valentijn van der Liet	HB1	59	O	1:25.60	PR	

29. Rituitslag 1000m Allround Small - O

		Naam	Cat	PR	Tijd	Info
59	wt	156 Ruben Molenaar	HB2	1:27.03	1:24.52	PR
	rd	155 Valentijn van der Liet	HB1	1:26.92	1:25.60	PR

Ruben Molenaar

200m	19.90	(19.90)
600m	51.74	(31.84)
1000m	1:24.52	(32.78)

Valentijn van der Liet

200m	21.56	(21.56)
600m	53.34	(31.78)
1000m	1:25.60	(32.26)

		Naam	Cat	PR	Tijd	Info
60	gl	157 Nomdo de Heer	HN4	1:15.28	1:15.38	
	bl	154 Jonah Zwaan	HB2	1:20.71	1:18.62	PR

Nomdo de Heer

200m	18.10	(18.10)
600m	45.74	(27.64)
1000m	1:15.38	(29.64)

Jonah Zwaan

200m	19.38	(19.38)
600m	48.49	(29.11)
1000m	1:18.62	(30.13)

30. Uitslag 1000m Sprint

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	38 Bart Seffinga	H40	74	O	1:17.66		
2	23 Filip-Mihail Woicik	H40	74	I	1:19.32		
3	153 Katja Franzen	DSB	73	I	1:20.95		
4	35 Mark Reiling	H40	73	O	1:22.55		
5	86 Sylvain Langlois	H50	72	O	1:23.37		
6	1 Gijs van Cappelle	HSB	71	I	1:24.94		
7	117 Ahti Oks	H50	72	I	1:25.19		
8	123 Hans Arne Frodal	HSA	70	I	1:25.58		
9	44 Richard Normand	H60	71	O	1:26.13		
10	105 Andreas Lobes	H50	69	O	1:26.91	PR	
11	75 Marloes Westerhof	D40	70	O	1:27.03		
12	11 Erik Jeurig	H45	69	I	1:27.20		
13	69 Claudia Henckel	DSB	68	I	1:29.13		
14	107 Klaas Luijten	H55	61	I	1:29.46	PR	
15	77 Piet Siemonsma	H70	68	O	1:32.08		
16	2 Monique Visser	DSB	67	I	1:33.85	PR	
17	36 Carolien Mulder	DSB	67	O	1:35.17		
18	54 Kees Bollaart	H60	64	O	1:37.07		
19	55 Anja Bollaart	D55	66	O	1:37.62		
20	56 Erik Buitenhuis	H60	66	I	1:39.80		
21	122 Hans-Peter Ambass	H65	65	O	1:41.48		
22	111 Astrid Janssen	D60	64	I	1:42.13		
23	63 Karin Terhürne	D55	65	I	1:42.77		
24	72 Johan Smit	H65	63	O	1:42.93		
25	80 Jorien Oosterwijk	D55	62	O	1:48.26		
26	143 Lou Hoogewerf	H70	62	I	1:53.96		
27	42 Klas Berlic Fras	H50	63	I	1:54.19		
28	140 Bram de Vries	H80	61	O	2:00.73		

30. Rituitslag 1000m Sprint

		Naam	Cat	PR	Tijd	Info
61	wt	107 Klaas Luijten	H55	1:31.24	1:29.46	PR
	rd	140 Bram de Vries	H80	1:29.98	2:00.73	

Klaas Luijten

200m	22.32	(22.32)
600m	55.65	(33.33)
1000m	1:29.46	(33.81)

Bram de Vries

200m	27.29	(27.29)
600m	1:11.78	(44.49)
1000m	2:00.73	(48.95)

		Naam	Cat	PR	Tijd	Info
62	gl	143 Lou Hoogewerf	H70	1:33.90	1:53.96	
	bl	80 Jorien Oosterwijk	D55	1:36.79	1:48.26	

Lou Hoogewerf

200m	25.37	(25.37)
600m	1:08.47	(43.10)
1000m	1:53.96	(45.49)

Jorien Oosterwijk

200m	24.26	(24.26)
600m	1:04.53	(40.27)
1000m	1:48.26	(43.73)

		Naam	Cat	PR	Tijd	Info
63	wt	42 Klas Berlic Fras	H50	1:52.91	1:54.19	
	rd	72 Johan Smit	H65	1:36.51	1:42.93	

Klas Berlic Fras

200m	25.84	(25.84)
600m	1:08.44	(42.60)
1000m	1:54.19	(45.75)

Johan Smit

200m	24.68	(24.68)
600m	1:02.44	(37.76)
1000m	1:42.93	(40.49)

		Naam	Cat	PR	Tijd	Info
64	gl	111 Astrid Janssen	D60	1:31.53	1:42.13	
	bl	54 Kees Bollaart	H60	1:26.89	1:37.07	

Astrid Janssen

200m	24.38	(24.38)
600m	1:01.97	(37.59)
1000m	1:42.13	(40.16)

Kees Bollaart

200m	22.84	(22.84)
600m	58.30	(35.46)
1000m	1:37.07	(38.77)

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		Naam	Cat	PR	Tijd	Info	
65	wt	63 Karin Terhürne	D55	1:31.99	1:42.77		
	rd	122 Hans-Peter Ambass	H65	1:26.70	1:41.48		
		Karin Terhürne			Hans-Peter Ambass		
		200m	24.55 (24.55)	200m	23.47 (23.47)		
		600m	1:02.75 (38.20)	600m	1:01.34 (37.87)		
		1000m	1:42.77 (40.02)	1000m	1:41.48 (40.14)		

		Naam	Cat	PR	Tijd	Info	
66	gl	56 Erik Buitenhuis	H60	1:28.22	1:39.80		
	bl	55 Anja Bollaart	D55	1:21.38	1:37.62		
		Erik Buitenhuis			Anja Bollaart		
		200m	22.94 (22.94)	200m	23.23 (23.23)		
		600m	1:00.14 (37.20)	600m	59.07 (35.84)		
		1000m	1:39.80 (39.66)	1000m	1:37.62 (38.55)		

		Naam	Cat	PR	Tijd	Info	
67	wt	2 Monique Visser	DSB	1:33.93	1:33.85	PR	
	rd	36 Carolien Mulder	DSB	1:32.22	1:35.17		
		Monique Visser			Carolien Mulder		
		200m	21.26 (21.26)	200m	22.06 (22.06)		
		600m	55.21 (33.95)	600m	56.75 (34.69)		
		1000m	1:33.85 (38.64)	1000m	1:35.17 (38.42)		

		Naam	Cat	PR	Tijd	Info	
68	gl	69 Claudia Henckel	DSB	1:24.86	1:29.13		
	bl	77 Piet Siemonsma	H70	1:23.23	1:32.08		
		Claudia Henckel			Piet Siemonsma		
		200m	20.36 (20.36)	200m	22.18 (22.18)		
		600m	53.45 (33.09)	600m	56.44 (34.26)		
		1000m	1:29.13 (35.68)	1000m	1:32.08 (35.64)		

		Naam	Cat	PR	Tijd	Info
69	wt	11 Erik Jeuring	H45	1:25.30	1:27.20	
	rd	105 Andreas Lobes	H50	1:27.50	1:26.91	PR
		Erik Jeuring				Andreas Lobes
		200m	20.55 (20.55)	200m	21.39 (21.39)	
		600m	52.96 (32.41)	600m	52.98 (31.59)	
		1000m	1:27.20 (34.24)	1000m	1:26.91 (33.93)	
		Naam	Cat	PR	Tijd	Info
70	gl	123 Hans Arne Frodal	HSA	1:21.76	1:25.58	
	bl	75 Marloes Westerhof	D40	1:25.30	1:27.03	
		Hans Arne Frodal				Marloes Westerhof
		200m	19.62 (19.62)	200m	20.20 (20.20)	
		600m	50.85 (31.23)	600m	52.12 (31.92)	
		1000m	1:25.58 (34.73)	1000m	1:27.03 (34.91)	
		Naam	Cat	PR	Tijd	Info
71	wt	1 Gijs van Cappelle	HSB	1:22.70	1:24.94	
	rd	44 Richard Normand	H60	1:23.84	1:26.13	
		Gijs van Cappelle				Richard Normand
		200m	19.32 (19.32)	200m	19.97 (19.97)	
		600m	51.26 (31.94)	600m	51.30 (31.33)	
		1000m	1:24.94 (33.68)	1000m	1:26.13 (34.83)	
		Naam	Cat	PR	Tijd	Info
72	gl	117 Ahti Oks	H50	1:23.28	1:25.19	
	bl	86 Sylvain Langlois	H50	1:21.20	1:23.37	
		Ahti Oks				Sylvain Langlois
		200m	20.06 (20.06)	200m	19.62 (19.62)	
		600m	51.77 (31.71)	600m	50.01 (30.39)	
		1000m	1:25.19 (33.42)	1000m	1:23.37 (33.36)	

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		Naam	Cat		PR	Tijd	Info
73	wt	153 Katja Franzen	DSB		1:17.30	1:20.95	
	rd	35 Mark Reiling	H40		1:17.66	1:22.55	
		Katja Franzen			Mark Reiling		
		200m	18.80	(18.80)	200m	19.33	(19.33)
		600m	48.49	(29.69)	600m	49.22	(29.89)
		1000m	1:20.95	(32.46)	1000m	1:22.55	(33.33)
		Naam	Cat		PR	Tijd	Info
74	gl	23 Filip-Mihail Woicik	H40		1:16.65	1:19.32	
	bl	38 Bart Seffinga	H40		1:12.16	1:17.66	
		Filip-Mihail Woicik			Bart Seffinga		
		200m	17.97	(17.97)	200m	18.38	(18.38)
		600m	47.06	(29.09)	600m	46.48	(28.10)
		1000m	1:19.32	(32.26)	1000m	1:17.66	(31.18)

32. Uitslag 10000m Allround Big

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	119 Martin Hänggi	H55	88	I	14:13.77		
2	101 Arjan Bakker	H65	87	I	15:00.27		
3	3 Sybe van Hijum	HSB	88	O	15:19.82	PR	
4	48 Guido Gosselink	H50	87	O	15:56.69	PR	
5	104 Seppe Lybaert	H40	84	I	16:33.88		
6	70 Kim Leliveld	DSB	86	O	16:58.40		
7	115 Trygve Reitan	H55	85	I	17:03.14		
8	9 Erol Aksoy	H50	86	I	17:17.12		
9	31 Josine Kroon	D40	77	O	17:21.23		
10	12 Octavian Moga	H55	83	O	17:36.50		
11	97 Koen van Egmond	H40	84	O	17:46.88		
12	88 Hans-Gerd Heyne	H60	78	O	17:50.20		
13	19 Mircea Vranceanu	H70	83	I	17:57.21		
14	149 Olav Langeland	H65	81	I	18:00.53		
15	83 Ciska Stark	D60	82	O	18:13.48		
16	16 Marvin Zeisberg	HSB	82	I	18:39.02		
17	51 Erwin Henskes	H65	80	O	18:50.62		
18	113 Kees Verdouw	H80	80	I	18:54.71		
19	28 Johan van Metting-van Rijn	H65	81	O	19:32.66		
20	37 Thierry Huberland	H60	77	I	19:59.40		
21	126 Patty van Hoorn	D50	79	I	20:05.04		
22	120 Harold Spragg	H70	79	O	20:16.04		
23	7 Daniëlle Frijters	DSB	78	I	20:23.52		
24	13 Arne Kjell Foldvik	H90	75	I	36:49.11		
	53 Kees Langeveld	H65	85	O		DQ	

32. Rituitslag 10000m Allround Big

	Naam	Cat	PR	Tijd Info
75 wt rd	13 Arne Kjell Foldvik	H90	17:34.27	36:49.11

Arne Kjell Foldvik

400m	1:31.08	(91.08)	m
800m	3:03.62	(92.54)	
1200m	4:38.92	(95.30)	
1600m	6:13.14	(94.22)	
2000m	7:50.21	(97.07)	
2400m	9:24.94	(94.73)	
2800m	10:56.15	(91.21)	
3200m	12:25.57	(89.42)	
3600m	13:51.15	(85.58)	
4000m	15:18.09	(86.94)	
4400m	16:47.67	(89.58)	
4800m	18:19.16	(91.49)	
5200m	19:48.84	(89.68)	
5600m	21:17.76	(88.92)	
6000m	22:44.29	(86.53)	
6400m	24:09.47	(85.18)	
6800m	25:34.47	(85.00)	
7200m	27:03.44	(88.97)	
7600m	28:29.06	(85.62)	
8000m	29:55.18	(86.12)	
8400m	31:22.55	(87.37)	
8800m	32:48.06	(85.51)	
9200m	34:12.70	(84.64)	
9600m	35:35.06	(82.36)	
10000m	36:49.11	(74.05)	

	Naam	Cat	PR	Tijd Info
76 gl bl				
		m		m



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		Naam		Cat		PR	Tijd	Info
77	wt	37	Thierry Huberland		H60	19:02.00	19:59.40	
	rd	31	Josine Kroon		D40		17:21.23	
		Thierry Huberland				Josine Kroon		
		400m	57.31	(57.31)		400m	45.65	(45.65)
		800m	1:45.44	(48.13)		800m	1:25.93	(40.28)
		1200m	2:33.47	(48.03)		1200m	2:07.10	(41.17)
		1600m	3:21.08	(47.61)		1600m	2:48.13	(41.03)
		2000m	4:08.36	(47.28)		2000m	3:30.20	(42.07)
		2400m	4:55.64	(47.28)		2400m	4:09.79	(39.59)
		2800m	5:42.59	(46.95)		2800m	4:50.67	(40.88)
		3200m	6:30.41	(47.82)		3200m	5:31.99	(41.32)
		3600m	7:18.17	(47.76)		3600m	6:13.46	(41.47)
		4000m	8:05.84	(47.67)		4000m	6:55.39	(41.93)
		4400m	8:53.20	(47.36)		4400m	7:37.00	(41.61)
		4800m	9:40.51	(47.31)		4800m	8:18.81	(41.81)
		5200m	10:27.50	(46.99)		5200m	9:00.74	(41.93)
		5600m	11:15.45	(47.95)		5600m	9:42.60	(41.86)
		6000m	12:02.59	(47.14)		6000m	10:24.37	(41.77)
		6400m	12:50.21	(47.62)		6400m	11:06.20	(41.83)
		6800m	13:38.05	(47.84)		6800m	11:48.43	(42.23)
		7200m	14:25.62	(47.57)		7200m	12:30.50	(42.07)
		7600m	15:12.59	(46.97)		7600m	13:12.05	(41.55)
		8000m	16:00.12	(47.53)		8000m	13:54.22	(42.17)
		8400m	16:48.07	(47.95)		8400m	14:36.17	(41.95)
		8800m	17:36.46	(48.39)		8800m	15:18.06	(41.89)
		9200m	18:23.83	(47.37)		9200m	15:59.36	(41.30)
		9600m	19:11.20	(47.37)		9600m	16:40.73	(41.37)
		10000m	19:59.40	(48.20)		10000m	17:21.23	(40.50)

5th Masters International Thialf Record Races

Thialf - Heerenveen
19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
78	gl	7 Daniëlle Frijters	DSB	19:39.74	20:23.52	
	bl	88 Hans-Gerd Heyne	H60	17:07.79	17:50.20	

Daniëlle Frijters

400m	51.36	(51.36)
800m	1:35.99	(44.63)
1200m	2:21.77	(45.78)
1600m	3:07.39	(45.62)
2000m	3:55.45	(48.06)
2400m	4:43.22	(47.77)
2800m	5:31.64	(48.42)
3200m	6:20.52	(48.88)
3600m	7:09.09	(48.57)
4000m	7:58.09	(49.00)
4400m	8:45.56	(47.47)
4800m	9:33.55	(47.99)
5200m	10:22.61	(49.06)
5600m	11:12.11	(49.50)
6000m	12:01.49	(49.38)
6400m	12:50.72	(49.23)
6800m	13:40.73	(50.01)
7200m	14:30.10	(49.37)
7600m	15:20.27	(50.17)
8000m	16:11.11	(50.84)
8400m	17:01.65	(50.54)
8800m	17:52.23	(50.58)
9200m	18:42.21	(49.98)
9600m	19:33.59	(51.38)
10000m	20:23.52	(49.93)

Hans-Gerd Heyne

400m	50.40	(50.40)
800m	1:34.40	(44.00)
1200m	2:18.25	(43.85)
1600m	3:01.24	(42.99)
2000m	3:44.34	(43.10)
2400m	4:27.16	(42.82)
2800m	5:09.65	(42.49)
3200m	5:52.28	(42.63)
3600m	6:34.58	(42.30)
4000m	7:16.80	(42.22)
4400m	7:59.00	(42.20)
4800m	8:42.13	(43.13)
5200m	9:24.08	(41.95)
5600m	10:06.90	(42.82)
6000m	10:48.15	(41.25)
6400m	11:30.69	(42.54)
6800m	12:12.16	(41.47)
7200m	12:53.34	(41.18)
7600m	13:35.08	(41.74)
8000m	14:16.84	(41.76)
8400m	14:58.88	(42.04)
8800m	15:41.62	(42.74)
9200m	16:24.48	(42.86)
9600m	17:07.07	(42.59)
10000m	17:50.20	(43.13)

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam			Cat	PR	Tijd	Info
79	wt	126	Patty van Hoorn		D50		20:05.04	
	rd	120	Harold Spragg		H70	19:15.94	20:16.04	
Patty van Hoorn				Harold Spragg				
		400m	52.10	(52.10)	400m	55.29	(55.29)	
		800m	1:39.89	(47.79)	800m	1:45.65	(50.36)	
		1200m	2:27.93	(48.04)	1200m	2:34.61	(48.96)	
		1600m	3:16.19	(48.26)	1600m	3:22.97	(48.36)	
		2000m	4:04.51	(48.32)	2000m	4:11.72	(48.75)	
		2400m	4:52.32	(47.81)	2400m	4:59.68	(47.96)	
		2800m	5:40.07	(47.75)	2800m	5:46.77	(47.09)	
		3200m	6:03.43	(23.36)	3200m	6:34.07	(47.30)	
		3600m	6:26.78	(23.35)	3600m	7:22.01	(47.94)	
		4000m	6:50.13	(23.35)	4000m	8:09.92	(47.91)	
		4400m	7:13.49	(23.36)	4400m	8:58.02	(48.10)	
		4800m	7:57.50	(44.01)	4800m	9:46.64	(48.62)	
		5200m	8:49.01	(51.51)	5200m	10:34.97	(48.33)	
		5600m	9:46.64	(57.63)	5600m	11:23.24	(48.27)	
		6000m	10:25.24	(38.60)	6000m	12:11.70	(48.46)	
		6400m	11:13.41	(48.17)	6400m	13:00.43	(48.73)	
		6800m	12:01.65	(48.24)	6800m	13:49.43	(49.00)	
		7200m	12:50.61	(48.96)	7200m	14:38.46	(49.03)	
		7600m	14:03.49	(72.88)	7600m	15:27.26	(48.80)	
		8000m	15:27.25	(83.76)	8000m	16:16.01	(48.75)	
		8400m	16:16.00	(48.75)	8400m	17:04.45	(48.44)	
		8800m	17:41.30	(85.30)	8800m	17:52.54	(48.09)	
		9200m	18:30.54	(49.24)	9200m	18:40.49	(47.95)	
		9600m	19:18.34	(47.80)	9600m	19:28.10	(47.61)	
		10000m	20:05.04	(46.70)	10000m	20:16.04	(47.94)	



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam		Cat		PR	Tijd	Info
80	gl	113	Kees Verdouw		H80		15:34.99	18:54.71
	bl	51	Erwin Henskes		H65		18:03.45	18:50.62
		Kees Verdouw				Erwin Henskes		
		400m	50.21	(50.21)		400m	50.27	(50.27)
		800m	1:34.10	(43.89)		800m	1:34.67	(44.40)
		1200m	2:19.84	(45.74)		1200m	2:19.52	(44.85)
		1600m	3:04.62	(44.78)		1600m	3:04.94	(45.42)
		2000m	3:49.66	(45.04)		2000m	3:49.35	(44.41)
		2400m	4:34.34	(44.68)		2400m	4:34.39	(45.04)
		2800m	5:19.63	(45.29)		2800m	5:19.53	(45.14)
		3200m	6:03.72	(44.09)		3200m	6:04.99	(45.46)
		3600m	6:48.80	(45.08)		3600m	6:49.89	(44.90)
		4000m	7:33.90	(45.10)		4000m	7:35.12	(45.23)
		4400m	8:20.23	(46.33)		4400m	8:20.86	(45.74)
		4800m	9:05.15	(44.92)		4800m	9:06.64	(45.78)
		5200m	9:50.82	(45.67)		5200m	9:52.44	(45.80)
		5600m	10:36.81	(45.99)		5600m	10:38.10	(45.66)
		6000m	11:22.21	(45.40)		6000m	11:23.86	(45.76)
		6400m	12:08.06	(45.85)		6400m	12:09.24	(45.38)
		6800m	12:54.01	(45.95)		6800m	12:54.41	(45.17)
		7200m	13:38.70	(44.69)		7200m	13:39.89	(45.48)
		7600m	14:23.81	(45.11)		7600m	14:24.76	(44.87)
		8000m	15:08.78	(44.97)		8000m	15:10.17	(45.41)
		8400m	15:53.13	(44.35)		8400m	15:55.10	(44.93)
		8800m	16:38.59	(45.46)		8800m	16:40.03	(44.93)
		9200m	17:24.16	(45.57)		9200m	17:25.07	(45.04)
		9600m	18:09.36	(45.20)		9600m	18:08.81	(43.74)
		10000m	18:54.71	(45.35)		10000m	18:50.62	(41.81)



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam	Cat	PR	Tijd	Info
81	wt	149 Olav Langeland	H65	16:17.94	18:00.53	
	rd	28 Johan van Metting-van Rijn	H65	16:11.40	19:32.66	

Olav Langeland

400m	49.65	(49.65)
800m	1:33.26	(43.61)
1200m	2:17.68	(44.42)
1600m	3:00.64	(42.96)
2000m	3:43.22	(42.58)
2400m	4:26.47	(43.25)
2800m	5:09.63	(43.16)
3200m	5:52.74	(43.11)
3600m	6:35.59	(42.85)
4000m	7:18.33	(42.74)
4400m	8:01.60	(43.27)
4800m	8:44.72	(43.12)
5200m	9:28.07	(43.35)
5600m	10:11.04	(42.97)
6000m	10:53.86	(42.82)
6400m	11:36.81	(42.95)
6800m	12:19.21	(42.40)
7200m	13:01.95	(42.74)
7600m	13:44.85	(42.90)
8000m	14:27.57	(42.72)
8400m	15:10.49	(42.92)
8800m	15:53.86	(43.37)
9200m	16:37.20	(43.34)
9600m	17:19.20	(42.00)
10000m	18:00.53	(41.33)

Johan van Metting-van Rijn

400m	50.03	(50.03)
800m	1:35.75	(45.72)
1200m	2:22.00	(46.25)
1600m	3:08.06	(46.06)
2000m	3:53.98	(45.92)
2400m	4:39.88	(45.90)
2800m	5:26.07	(46.19)
3200m	6:12.24	(46.17)
3600m	6:58.49	(46.25)
4000m	7:44.22	(45.73)
4400m	8:30.29	(46.07)
4800m	9:16.51	(46.22)
5200m	10:04.02	(47.51)
5600m	10:51.16	(47.14)
6000m	11:38.46	(47.30)
6400m	12:25.23	(46.77)
6800m	13:12.09	(46.86)
7200m	13:58.46	(46.37)
7600m	14:45.55	(47.09)
8000m	15:33.17	(47.62)
8400m	16:21.37	(48.20)
8800m	17:09.46	(48.09)
9200m	17:58.45	(48.99)
9600m	18:46.81	(48.36)
10000m	19:32.66	(45.85)



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam		Cat		PR	Tijd	Info
82	gl	16	Marvin Zeisberg		HSB	18:16.73	18:39.02	
	bl	83	Ciska Stark		D60	17:57.44	18:13.48	
		Marvin Zeisberg			Ciska Stark			
		400m	48.43	(48.43)	400m	46.17	(46.17)	
		800m	1:31.47	(43.04)	800m	1:28.82	(42.65)	
		1200m	2:15.65	(44.18)	1200m	2:13.30	(44.48)	
		1600m	2:59.80	(44.15)	1600m	2:57.43	(44.13)	
		2000m	3:43.78	(43.98)	2000m	3:42.04	(44.61)	
		2400m	4:27.57	(43.79)	2400m	4:26.17	(44.13)	
		2800m	5:11.64	(44.07)	2800m	5:10.16	(43.99)	
		3200m	5:56.28	(44.64)	3200m	5:53.75	(43.59)	
		3600m	6:40.57	(44.29)	3600m	6:37.20	(43.45)	
		4000m	7:24.79	(44.22)	4000m	7:20.55	(43.35)	
		4400m	8:09.63	(44.84)	4400m	8:04.88	(44.33)	
		4800m	8:54.80	(45.17)	4800m	8:49.02	(44.14)	
		5200m	9:40.46	(45.66)	5200m	9:33.78	(44.76)	
		5600m	10:26.07	(45.61)	5600m	10:17.88	(44.10)	
		6000m	11:11.63	(45.56)	6000m	11:02.11	(44.23)	
		6400m	11:56.76	(45.13)	6400m	11:45.80	(43.69)	
		6800m	12:42.04	(45.28)	6800m	12:29.40	(43.60)	
		7200m	13:27.21	(45.17)	7200m	13:13.09	(43.69)	
		7600m	14:12.14	(44.93)	7600m	13:56.82	(43.73)	
		8000m	14:57.06	(44.92)	8000m	14:40.16	(43.34)	
		8400m	15:41.71	(44.65)	8400m	15:23.92	(43.76)	
		8800m	16:26.47	(44.76)	8800m	16:07.42	(43.50)	
		9200m	17:11.19	(44.72)	9200m	16:50.41	(42.99)	
		9600m	17:55.65	(44.46)	9600m	17:32.53	(42.12)	
		10000m	18:39.02	(43.37)	10000m	18:13.48	(40.95)	



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam	Cat	PR	Tijd	Info
83	wt	19 Mircea Vranceanu	H70	17:10.20	17:57.21	
	rd	12 Octavian Moga	H55	16:53.20	17:36.50	

Mircea Vranceanu

400m	45.77	(45.77)
800m	1:27.57	(41.80)
1200m	2:09.66	(42.09)
1600m	2:51.83	(42.17)
2000m	3:33.95	(42.12)
2400m	4:16.05	(42.10)
2800m	4:58.63	(42.58)
3200m	5:41.06	(42.43)
3600m	6:59.85	(78.79)
4000m	7:39.73	(39.88)
4400m	8:10.18	(30.45)
4800m	8:40.63	(30.45)
5200m	9:11.08	(30.45)
5600m	9:56.60	(45.52)
6000m	10:40.07	(43.47)
6400m	11:23.57	(43.50)
6800m	12:07.11	(43.54)
7200m	12:50.71	(43.60)
7600m	13:34.20	(43.49)
8000m	14:18.00	(43.80)
8400m	15:01.62	(43.62)
8800m	15:45.24	(43.62)
9200m	16:29.02	(43.78)
9600m	17:13.39	(44.37)
10000m	17:57.21	(43.82)

Octavian Moga

400m	45.69	(45.69)
800m	1:27.18	(41.49)
1200m	2:08.95	(41.77)
1600m	2:51.19	(42.24)
2000m	3:33.09	(41.90)
2400m	4:15.39	(42.30)
2800m	4:57.42	(42.03)
3200m	5:39.72	(42.30)
3600m	6:21.70	(41.98)
4000m	7:03.97	(42.27)
4400m	7:47.08	(43.11)
4800m	8:30.19	(43.11)
5200m	9:05.43	(35.24)
5600m	9:53.36	(47.93)
6000m	10:35.85	(42.49)
6400m	11:17.99	(42.14)
6800m	11:59.91	(41.92)
7200m	12:41.90	(41.99)
7600m	13:23.91	(42.01)
8000m	14:05.97	(42.06)
8400m	14:48.14	(42.17)
8800m	15:30.58	(42.44)
9200m	16:12.80	(42.22)
9600m	16:54.95	(42.15)
10000m	17:36.50	(41.55)



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam	Cat	PR	Tijd	Info
84	gl	104 Seppe Lybaert	H40	16:17.92	16:33.88	
	bl	97 Koen van Egmond	H40	17:25.20	17:46.88	

Seppe Lybaert

400m	45.72	(45.72)
800m	1:26.17	(40.45)
1200m	2:06.22	(40.05)
1600m	2:45.20	(38.98)
2000m	3:24.14	(38.94)
2400m	4:02.81	(38.67)
2800m	4:41.61	(38.80)
3200m	5:20.79	(39.18)
3600m	6:00.23	(39.44)
4000m	6:45.38	(45.15)
4400m	7:21.86	(36.48)
4800m	7:59.67	(37.81)
5200m	8:39.52	(39.85)
5600m	9:19.61	(40.09)
6000m	9:59.57	(39.96)
6400m	10:39.19	(39.62)
6800m	11:18.50	(39.31)
7200m	11:57.90	(39.40)
7600m	12:37.23	(39.33)
8000m	13:16.82	(39.59)
8400m	13:57.31	(40.49)
8800m	14:36.92	(39.61)
9200m	15:15.93	(39.01)
9600m	15:54.72	(38.79)
10000m	16:33.88	(39.16)

Koen van Egmond

400m	48.36	(48.36)
800m	1:33.77	(45.41)
1200m	2:18.62	(44.85)
1600m	3:02.78	(44.16)
2000m	3:46.92	(44.14)
2400m	4:30.65	(43.73)
2800m	5:13.89	(43.24)
3200m	5:57.02	(43.13)
3600m	6:39.95	(42.93)
4000m	7:26.00	(46.05)
4400m	8:03.76	(37.76)
4800m	8:53.17	(49.41)
5200m	9:27.10	(33.93)
5600m	10:08.92	(41.82)
6000m	10:50.69	(41.77)
6400m	11:32.50	(41.81)
6800m	12:14.25	(41.75)
7200m	12:56.10	(41.85)
7600m	13:37.88	(41.78)
8000m	14:19.50	(41.62)
8400m	15:00.97	(41.47)
8800m	15:42.69	(41.72)
9200m	16:24.56	(41.87)
9600m	17:06.00	(41.44)
10000m	17:46.88	(40.88)



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam	Cat	PR	Tijd Info
85	wt	115 Trygve Reitan	H55	17:00.52	17:03.14
	rd	53 Kees Langeveld	H65	16:04.82	DQ

Trygve Reitan

400m	45.58	(45.58)
800m	1:24.74	(39.16)
1200m	2:05.85	(41.11)
1600m	2:46.62	(40.77)
2000m	3:27.47	(40.85)
2400m	4:08.37	(40.90)
2800m	4:49.61	(41.24)
3200m	5:30.38	(40.77)
3600m	6:11.50	(41.12)
4000m	6:52.39	(40.89)
4400m	7:33.75	(41.36)
4800m	8:14.69	(40.94)
5200m	8:56.05	(41.36)
5600m	9:36.62	(40.57)
6000m	10:17.36	(40.74)
6400m	10:57.89	(40.53)
6800m	11:38.43	(40.54)
7200m	12:19.22	(40.79)
7600m	12:59.79	(40.57)
8000m	13:40.47	(40.68)
8400m	14:20.71	(40.24)
8800m	15:01.45	(40.74)
9200m	15:42.05	(40.60)
9600m	16:22.41	(40.36)
10000m	17:03.14	(40.73)

Kees Langeveld

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat		PR	Tijd	Info
86	gl	9 Erol Aksoy	H50		16:56.68	17:17.12	
	bl	70 Kim Leliveld	DSB			16:58.40	
		Erol Aksoy			Kim Leliveld		
		400m	45.03	(45.03)	400m	45.19	(45.19)
		800m	1:25.11	(40.08)	800m	1:25.84	(40.65)
		1200m	2:06.61	(41.50)	1200m	2:07.12	(41.28)
		1600m	2:47.69	(41.08)	1600m	2:47.80	(40.68)
		2000m	3:28.64	(40.95)	2000m	3:28.61	(40.81)
		2400m	4:09.00	(40.36)	2400m	4:09.26	(40.65)
		2800m	4:50.26	(41.26)	2800m	4:49.53	(40.27)
		3200m	5:31.18	(40.92)	3200m	5:30.31	(40.78)
		3600m	6:11.88	(40.70)	3600m	6:10.45	(40.14)
		4000m	6:53.29	(41.41)	4000m	6:50.91	(40.46)
		4400m	7:34.75	(41.46)	4400m	7:31.62	(40.71)
		4800m	8:16.55	(41.80)	4800m	8:12.40	(40.78)
		5200m	8:58.27	(41.72)	5200m	8:53.42	(41.02)
		5600m	9:40.23	(41.96)	5600m	9:34.04	(40.62)
		6000m	10:21.62	(41.39)	6000m	10:14.41	(40.37)
		6400m	11:02.81	(41.19)	6400m	10:55.09	(40.68)
		6800m	11:43.92	(41.11)	6800m	11:35.60	(40.51)
		7200m	12:24.93	(41.01)	7200m	12:15.87	(40.27)
		7600m	13:06.17	(41.24)	7600m	12:56.35	(40.48)
		8000m	13:48.17	(42.00)	8000m	13:36.72	(40.37)
		8400m	14:30.36	(42.19)	8400m	14:16.90	(40.18)
		8800m	15:12.68	(42.32)	8800m	14:56.45	(39.55)
		9200m	15:54.91	(42.23)	9200m	15:36.78	(40.33)
		9600m	16:36.92	(42.01)	9600m	16:17.99	(41.21)
		10000m	17:17.12	(40.20)	10000m	16:58.40	(40.41)



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam	Cat	PR	Tijd	Info
87	wt	101 Arjan Bakker	H65	14:34.43	15:00.27	
	rd	48 Guido Gosselink	H50	16:02.71	15:56.69	PR

Arjan Bakker

400m	40.92	(40.92)
800m	1:17.16	(36.24)
1200m	1:53.39	(36.23)
1600m	2:29.54	(36.15)
2000m	3:05.42	(35.88)
2400m	3:41.29	(35.87)
2800m	4:15.91	(34.62)
3200m	4:49.95	(34.04)
3600m	5:24.44	(34.49)
4000m	5:59.25	(34.81)
4400m	6:34.52	(35.27)
4800m	7:09.78	(35.26)
5200m	7:45.13	(35.35)
5600m	8:20.34	(35.21)
6000m	8:55.86	(35.52)
6400m	9:33.30	(37.44)
6800m	10:07.52	(34.22)
7200m	10:43.78	(36.26)
7600m	11:20.33	(36.55)
8000m	11:57.06	(36.73)
8400m	12:33.73	(36.67)
8800m	13:10.60	(36.87)
9200m	13:47.35	(36.75)
9600m	14:23.85	(36.50)
10000m	15:00.27	(36.42)

Guido Gosselink

400m	42.12	(42.12)
800m	1:19.59	(37.47)
1200m	1:57.83	(38.24)
1600m	2:36.03	(38.20)
2000m	3:13.96	(37.93)
2400m	3:52.26	(38.30)
2800m	4:30.92	(38.66)
3200m	5:09.52	(38.60)
3600m	5:48.03	(38.51)
4000m	6:26.32	(38.29)
4400m	7:04.55	(38.23)
4800m	7:42.57	(38.02)
5200m	8:21.57	(39.00)
5600m	8:58.24	(36.67)
6000m	9:35.72	(37.48)
6400m	10:13.09	(37.37)
6800m	10:50.65	(37.56)
7200m	11:28.30	(37.65)
7600m	12:06.06	(37.76)
8000m	12:44.60	(38.54)
8400m	13:22.98	(38.38)
8800m	14:01.48	(38.50)
9200m	14:39.84	(38.36)
9600m	15:18.62	(38.78)
10000m	15:56.69	(38.07)



5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025



		Naam	Cat	PR	Tijd	Info
88	gl	119 Martin Hänggi	H55	13:28.86	14:13.77	
	bl	3 Sybe van Hijum	HSB	15:22.58	15:19.82	PR

Martin Hänggi

400m	37.84	(37.84)
800m	1:10.85	(33.01)
1200m	1:43.79	(32.94)
1600m	2:16.85	(33.06)
2000m	2:49.80	(32.95)
2400m	3:22.80	(33.00)
2800m	3:55.59	(32.79)
3200m	4:29.12	(33.53)
3600m	5:02.92	(33.80)
4000m	5:36.61	(33.69)
4400m	6:09.91	(33.30)
4800m	6:43.71	(33.80)
5200m	7:17.98	(34.27)
5600m	7:52.55	(34.57)
6000m	8:26.94	(34.39)
6400m	9:01.57	(34.63)
6800m	9:36.43	(34.86)
7200m	10:11.07	(34.64)
7600m	10:45.74	(34.67)
8000m	11:20.48	(34.74)
8400m	11:55.40	(34.92)
8800m	12:29.95	(34.55)
9200m	13:04.50	(34.55)
9600m	13:39.07	(34.57)
10000m	14:13.77	(34.70)

Sybe van Hijum

400m	39.67	(39.67)
800m	1:15.79	(36.12)
1200m	1:52.70	(36.91)
1600m	2:29.53	(36.83)
2000m	3:06.43	(36.90)
2400m	3:43.49	(37.06)
2800m	4:20.56	(37.07)
3200m	4:57.85	(37.29)
3600m	5:35.23	(37.38)
4000m	6:12.04	(36.81)
4400m	6:49.06	(37.02)
4800m	7:26.10	(37.04)
5200m	8:01.94	(35.84)
5600m	8:37.78	(35.84)
6000m	9:12.28	(34.50)
6400m	9:50.67	(38.39)
6800m	10:27.46	(36.79)
7200m	11:03.85	(36.39)
7600m	11:40.23	(36.38)
8000m	12:16.88	(36.65)
8400m	12:53.18	(36.30)
8800m	13:29.76	(36.58)
9200m	14:06.36	(36.60)
9600m	14:43.10	(36.74)
10000m	15:19.82	(36.72)

33. Uitslag 3000m Allround Small

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	49 Daan Spoelstra	H45	98	O	4:24.86		
2	118 Rene van Bernum	H60	98	I	4:26.94		
3	22 Imke Hüser	DSB	95	I	4:39.89		
4	78 Stijn Verhagen	H45	96	I	4:41.37		
5	50 Chris van der Plaats	H60	97	I	4:47.21		
6	67 Bastiaan Geurts	HSB	97	O	4:47.33		
7	73 Thomas Voswinkel	HSB	95	O	4:52.97		
8	60 Guus Olijerhoek	H55	94	I	4:56.13		
9	47 Martijn van der Horst	H50	96	O	4:57.05		
10	5 Jann van Benthem	H65	91	O	5:10.36		
11	85 Anna Van der Stok	D50	93	O	5:14.08	PR	
12	64 Wendy van der Ham	D50	94	O	5:15.00		
13	99 René Koning	H60	92	O	5:18.48		
14	108 Erik Dahlén	H55	92	I	5:23.58	PR	
15	100 Jaap van Kouterik	H70	91	I	5:30.09		
16	109 Michiel Neyt	H40	93	I	5:45.30	PR	
17	46 Magnar Langvik	H75	90	I	5:52.74		
18	151 Thomas Hoekstra	H70	90	O	5:55.59		
19	30 Ton van Helden	H75	89	I	6:12.33		

33. Rituitslag 3000m Allround Small

		Naam	Cat	PR	Tijd Info
89	wt rd	30 Ton van Helden	H75	4:48.74	6:12.33
Ton van Helden					
		200m	29.65 (29.65)		m
		600m	1:19.15 (49.50)		
		1000m	2:09.14 (49.99)		
		1400m	2:58.36 (49.22)		
		1800m	3:47.49 (49.13)		
		2200m	4:35.80 (48.31)		
		2600m	5:23.98 (48.18)		
		3000m	6:12.33 (48.35)		

		Naam	Cat	PR	Tijd Info
90	gl	46 Magnar Langvik	H75	5:01.59	5:52.74
	bl	151 Thomas Hoekstra	H70	4:42.79	5:55.59
Magnar Langvik			Thomas Hoekstra		
		200m	27.62 (27.62)	200m	27.14 (27.14)
		600m	1:13.23 (45.61)	600m	1:10.95 (43.81)
		1000m	2:00.91 (47.68)	1000m	1:57.45 (46.50)
		1400m	2:47.75 (46.84)	1400m	2:45.04 (47.59)
		1800m	3:34.11 (46.36)	1800m	3:32.79 (47.75)
		2200m	4:21.26 (47.15)	2200m	4:20.33 (47.54)
		2600m	5:07.20 (45.94)	2600m	5:08.12 (47.79)
		3000m	5:52.74 (45.54)	3000m	5:55.59 (47.47)

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info	
91	wt	100 Jaap van Kouterik	H70	4:38.80	5:30.09		
	rd	5 Jann van Benthem	H65	4:31.91	5:10.36		
		Jaap van Kouterik			Jann van Benthem		
		200m	25.58 (25.58)	200m	25.07 (25.07)		
		600m	1:06.44 (40.86)	600m	1:03.59 (38.52)		
		1000m	1:48.93 (42.49)	1000m	1:42.24 (38.65)		
		1400m	2:32.80 (43.87)	1400m	2:22.08 (39.84)		
		1800m	3:16.98 (44.18)	1800m	3:03.41 (41.33)		
		2200m	4:01.18 (44.20)	2200m	3:45.58 (42.17)		
		2600m	4:45.70 (44.52)	2600m	4:28.04 (42.46)		
		3000m	5:30.09 (44.39)	3000m	5:10.36 (42.32)		

		Naam	Cat	PR	Tijd	Info	
92	gl	108 Erik Dahlén	H55	5:28.80	5:23.58	PR	
	bl	99 René Koning	H60	5:05.25	5:18.48		
		Erik Dahlén			René Koning		
		200m	25.52 (25.52)	200m	25.62 (25.62)		
		600m	1:07.34 (41.82)	600m	1:07.51 (41.89)		
		1000m	1:48.87 (41.53)	1000m	1:50.17 (42.66)		
		1400m	2:31.10 (42.23)	1400m	2:32.93 (42.76)		
		1800m	3:13.54 (42.44)	1800m	3:15.77 (42.84)		
		2200m	3:56.66 (43.12)	2200m	3:57.70 (41.93)		
		2600m	4:40.26 (43.60)	2600m	4:38.49 (40.79)		
		3000m	5:23.58 (43.32)	3000m	5:18.48 (39.99)		

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam	Cat	PR	Tijd	Info
93	wt	109 Michiel Neyt	H40	5:49.96	5:45.30	PR
	rd	85 Anna Van der Stok	D50	5:19.90	5:14.08	PR

Michiel Neyt

200m	24.32	(24.32)
600m	1:04.65	(40.33)
1000m	1:47.43	(42.78)
1400m	2:31.70	(44.27)
1800m	3:18.19	(46.49)
2200m	4:05.34	(47.15)
2600m	4:54.48	(49.14)
3000m	5:45.30	(50.82)

Anna Van der Stok

200m	23.96	(23.96)
600m	1:02.10	(38.14)
1000m	1:42.20	(40.10)
1400m	2:23.37	(41.17)
1800m	3:05.46	(42.09)
2200m	3:47.93	(42.47)
2600m	4:30.73	(42.80)
3000m	5:14.08	(43.35)

		Naam	Cat	PR	Tijd	Info
94	gl	60 Guus Olijerhoek	H55	4:24.30	4:56.13	
	bl	64 Wendy van der Ham	D50	5:14.08	5:15.00	

Guus Olijerhoek

200m	23.51	(23.51)
600m	59.44	(35.93)
1000m	1:36.89	(37.45)
1400m	2:15.91	(39.02)
1800m	2:55.46	(39.55)
2200m	3:34.90	(39.44)
2600m	4:14.98	(40.08)
3000m	4:56.13	(41.15)

Wendy van der Ham

200m	23.92	(23.92)
600m	1:03.16	(39.24)
1000m	1:44.51	(41.35)
1400m	2:26.53	(42.02)
1800m	3:08.57	(42.04)
2200m	3:50.83	(42.26)
2600m	4:33.17	(42.34)
3000m	5:15.00	(41.83)

5th Masters International Thialf Record Races

Thialf - Heerenveen

19 en 20 maart 2025

		Naam			Cat	PR	Tijd	Info
95	wt	22	Imke Hüser		DSB	4:36.02	4:39.89	
	rd	73	Thomas Voswinkel		HSB	4:52.65	4:52.97	
		Imke Hüser			Thomas Voswinkel			
		200m	21.63	(21.63)	200m	24.26	(24.26)	
		600m	56.44	(34.81)	600m	1:00.92	(36.66)	
		1000m	1:32.93	(36.49)	1000m	1:38.29	(37.37)	
		1400m	2:10.07	(37.14)	1400m	2:16.42	(38.13)	
		1800m	2:47.43	(37.36)	1800m	2:55.17	(38.75)	
		2200m	3:25.17	(37.74)	2200m	3:34.18	(39.01)	
		2600m	4:02.79	(37.62)	2600m	4:13.19	(39.01)	
		3000m	4:39.89	(37.10)	3000m	4:52.97	(39.78)	

		Naam			Cat	PR	Tijd	Info
96	gl	78	Stijn Verhagen		H45	4:34.82	4:41.37	
	bl	47	Martijn van der Horst		H50	4:26.39	4:57.05	
		Stijn Verhagen			Martijn van der Horst			
		200m	22.73	(22.73)	200m	22.78	(22.78)	
		600m	58.75	(36.02)	600m	1:00.72	(37.94)	
		1000m	1:35.24	(36.49)	1000m	1:39.97	(39.25)	
		1400m	2:12.23	(36.99)	1400m	2:19.77	(39.80)	
		1800m	2:49.01	(36.78)	1800m	2:59.16	(39.39)	
		2200m	3:25.67	(36.66)	2200m	3:38.51	(39.35)	
		2600m	4:02.73	(37.06)	2600m	4:17.80	(39.29)	
		3000m	4:41.37	(38.64)	3000m	4:57.05	(39.25)	

5th Masters International Thialf Record Races

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		Naam	Cat	PR	Tijd	Info
97	wt	50 Chris van der Plaats	H60	4:35.80	4:47.21	
	rd	67 Bastiaan Geurts	HSB	4:18.70	4:47.33	

Chris van der Plaats

200m	22.51	(22.51)
600m	58.28	(35.77)
1000m	1:35.05	(36.77)
1400m	2:12.81	(37.76)
1800m	2:51.44	(38.63)
2200m	3:30.23	(38.79)
2600m	4:08.82	(38.59)
3000m	4:47.21	(38.39)

Bastiaan Geurts

200m	21.54	(21.54)
600m	56.52	(34.98)
1000m	1:33.78	(37.26)
1400m	2:12.31	(38.53)
1800m	2:50.94	(38.63)
2200m	3:29.72	(38.78)
2600m	4:08.73	(39.01)
3000m	4:47.33	(38.60)

		Naam	Cat	PR	Tijd	Info
98	gl	118 Rene van Bernum	H60	4:10.45	4:26.94	
	bl	49 Daan Spoelstra	H45	4:21.92	4:24.86	

Rene van Bernum

200m	22.06	(22.06)
600m	57.20	(35.14)
1000m	1:32.38	(35.18)
1400m	2:07.57	(35.19)
1800m	2:42.51	(34.94)
2200m	3:17.27	(34.76)
2600m	3:51.81	(34.54)
3000m	4:26.94	(35.13)

Daan Spoelstra

200m	22.13	(22.13)
600m	55.90	(33.77)
1000m	1:29.74	(33.84)
1400m	2:04.40	(34.66)
1800m	2:39.35	(34.95)
2200m	3:14.71	(35.36)
2600m	3:49.94	(35.23)
3000m	4:24.86	(34.92)



5th Masters International Thialf Record Races

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34. Uitslag 3000m Allround Small - O

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	157 Nomdo de Heer	HN4	100	I	4:15.31	PR	
2	154 Jonah Zwaan	HB2	100	O	4:19.37		
3	156 Ruben Molenaar	HB2	99	I	4:27.51	PR	
4	155 Valentijn van der Liet	HB1	99	O	4:27.93	PR	

34. Rituitslag 3000m Allround Small - O

		Naam	Cat	PR	Tijd	Info
99	wt	156 Ruben Molenaar	HB2	4:38.09	4:27.51	PR
	rd	155 Valentijn van der Liet	HB1	4:39.82	4:27.93	PR
		Ruben Molenaar				
		200m	20.93 (20.93)			
		600m	54.68 (33.75)			
		1000m	1:29.56 (34.88)			
		1400m	2:05.23 (35.67)			
		1800m	2:40.53 (35.30)			
		2200m	3:16.52 (35.99)			
		2600m	3:52.28 (35.76)			
		3000m	4:27.51 (35.23)			
		Valentijn van der Liet				
		200m	22.39 (22.39)			
		600m	56.40 (34.01)			
		1000m	1:31.13 (34.73)			
		1400m	2:06.31 (35.18)			
		1800m	2:41.51 (35.20)			
		2200m	3:16.85 (35.34)			
		2600m	3:52.64 (35.79)			
		3000m	4:27.93 (35.29)			

		Naam	Cat	PR	Tijd	Info
100	gl	157 Nomdo de Heer	HN4	4:18.13	4:15.31	PR
	bl	154 Jonah Zwaan	HB2	4:16.09	4:19.37	
		Nomdo de Heer				
		200m	20.41 (20.41)			
		600m	53.47 (33.06)			
		1000m	1:26.05 (32.58)			
		1400m	1:58.87 (32.82)			
		1800m	2:32.14 (33.27)			
		2200m	3:06.23 (34.09)			
		2600m	3:40.57 (34.34)			
		3000m	4:15.31 (34.74)			
		Jonah Zwaan				
		200m	21.27 (21.27)			
		600m	53.79 (32.52)			
		1000m	1:26.78 (32.99)			
		1400m	2:00.73 (33.95)			
		1800m	2:35.38 (34.65)			
		2200m	3:09.93 (34.55)			
		2600m	3:44.82 (34.89)			
		3000m	4:19.37 (34.55)			